

SA'S LEADING FOOD MAGAZINE

# FOOD & HOME

JANUARY 2015 | R30,00 (R3,68 VAT incl.) | Other countries R26,32 (tax excl.)

ENTERTAINING

Bite-size  
CROWD PLEASERS  
TO KICKSTART THE  
New Year

5 QUICK AND  
SCRUMPTIOUS  
WAYS WITH  
MANGO &  
PINEAPPLE

WIN! A 6-NIGHT  
LUXURY SEASIDE  
GETAWAY FOR 2  
WORTH R27 000

New  
Cookbook Extract

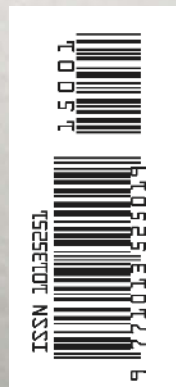
A LIFE DIGESTED

BY PETE GOFFE-WOOD

— LIKE THE MAN HIMSELF,  
IT'S GOT GOURMET GUSTO

Seasonal summer goat's cheese salad with cashew-nut brittle

Watch this  
issue come alive  
wherever you see  
this logo and you  
could win prizes loads  
of fabulous prizes.  
See page 5  
for details.







# THE REAL ITALIAN ESPRESSO EXPERIENCE



Enjoy the taste of Lavazza anytime, anywhere in South Africa. Exclusively distributed by the AVI Group, for more product information please contact the toll free number: 0860 100 219.

**LAVAZZA**  
ITALY'S FAVOURITE COFFEE

ciro®  
FULL SERVICE COFFEE CO.

ENTYCE  
BEVERAGES



See page 10 for details

**EAT**  
the  
COVER

# Contents

## JANUARY 2015



8

### ON THE COVER

Seasonal summer  
goat's cheese salad  
with cashew-  
nut brittle

Recipe and styling by THULISA MARTINS  
Assisted by NOMVUSELELO MNCUBE  
Photograph by GRAEME WYLLIE

### COVER STORIES

#### 34 IN SEASON

Mangoes and pineapples make  
for a fruity tooty feast

#### 51 WIN WITH SOUTH BEACH CAMPS BAY

One lucky reader can win  
a six-night getaway for two  
worth R27 000!

#### 59 TRENDY TREATS

Delicious crowd-pleasers to get  
the party started

#### 66 COOKBOOK EXTRACT

Pete Goffe-Wood's *A Life Digested*

#### 74 THE CANAPÉ CONUNDRUM

Easy-to-eat one-hand canapés

#### 80 BAKING BREAD

The perfect loaf

#### 82 ICE COOL

Jolly good lollies from Las Paletas

#### 90 THE WILD ATLANTIC WAY

Your Irish itinerary

#### 96 MY BIG FAT GREEK KITCHEN

Opa! Drool over these traditional  
Greek biscuits and desserts

#### 102 THE CULINARY ARTS

When art meets food

#### 112 DECOR

The perfect picnic inspiration

#### 120 EASTERN CAPE SPOTS

Foodie must-tries on the southeastern  
South African coast

### REGULARS

#### 5 ED'S LETTER

#### 11 FOOD BITES

News, trends, shopping, restaurants,  
decor, products and time savers

#### 24 DRINK UP

Get the latest liquid views and news

#### 26 BOOKS FOR COOKS

The latest on the cookbook shelves

#### 28 KITCHEN FILES

Tips, tricks and nice-to-know info

#### 123 TRIVIA

#### 125 RECIPE INDEX

#### 125 STOCKISTS

#### 125 TRIVIA ANSWERS

How well do you know your food?

#### 128 SLICE OF LIFE

FEAST Food and Wine's co-founder  
Christophe Jouet

### COMPETITION

#### 6 DEAR FOOD & HOME...

Share your views and win a Canon  
PowerShot S200 camera, worth R3 399

#### 25 WIN WITH PONGRÁCZ

One lucky *F&HE* reader can win six  
bottles of Pongrácz Desiderius 2008,  
valued at R360 each

#### 58 SUBSCRIBE

Subscribe OR renew your subscription  
and receive an extra subscription to  
*Garden and Home* for a friend!

#### 73 COOKBOOK GIVEAWAY

Three lucky readers can each  
win a copy of *A Life Digested*  
worth R375

### FOOD

#### 30 FRESH

Gorging on grapes

### FEATURES

#### 20 PLACING AFRICA ON THE CULINARY STAGE

Debbie Bousfield's range of African-  
inspired cook-in sauces

#### 42 ORGANIC MECHANIC

Bocca Dolce restaurant in Plett is  
all about vegan cuisine

#### 52 NOSTALGIA ON A PLATE

Chef Quentin Spicknell serves local  
dishes with pride at Oakhurst



**FOOD&HOME**  
ENTERTAINING



- facebook.com/FoodandHome
- EntertainingMagazineSA
- twitter.com/FHEMag
- pinterest.com/foodandhomemag
- instagram.com/foodandhomesa



# Nutritious nibbles

GIVE YOUR FAMILY A HEALTHY START TO  
THE NEW YEAR BY WHIPPING UP THESE  
NUTRITIOUS SNACKS FROM PICK N PAY

**T**he festive season is almost over and, now, it's time to start eating healthily again.

It takes time to get back into the swing of things and that's why Pick n Pay has made it easy for you with these tasty snack bars, wholesome chips and savoury muffins that are good for the whole family.

**Pick n Pay**  
www.picknpay.co.za



## Easy-mix banana and blueberry muffins

Makes 24 **EASY** 35 mins

**2 PnP Eggs**  
**125ml (½ cup) PnP Pure Sunflower Oil**  
**500ml (2 cups) PnP Full Cream Milk**  
**95g digestive bran**  
**180g nutty wheat flour**  
**195g PnP Cake Wheat Flour**  
**170g PnP Brown Sugar**  
**10ml (2 tsp) bicarbonate of soda**  
**pinch salt**  
**2 PnP Bananas, mashed with a fork**  
**60ml (¼ cup) PnP Blueberries**

**2 bananas, sliced, to top**

- 1** Preheat the oven to 180°C and fill two 12-hole muffin pans with paper cups.
- 2** Beat the eggs, oil and milk together in a medium bowl, using a fork.
- 3** In a large bowl, combine the bran, flours, sugar, bicarbonate of soda and salt. Add the egg mixture along with the bananas and blueberries and mix well with a wooden spoon. Spoon into the paper cups, top with a banana slice and bake in the oven until golden and cooked, about 25 minutes. Remove from oven and cool on a wire rack.

## Multigrain baked chips with avocado and yoghurt dip

Serves 4 **EASY** 15 mins

**85g PnP Double Cream Plain Yoghurt**  
**5ml (1 tsp) PnP Chopped Garlic**  
**juice of 1 lime**  
**2 PnP Avocados, mashed with a fork**  
**salt, to taste**  
**4 multigrain tortillas**

- 1** Preheat the oven to 180°C. Mix the yoghurt, garlic and lime juice into the avocado. Season with salt.
- 2** Cut each tortilla into 6 triangular slices. Place on a baking tray and bake in the oven until crunchy and golden, 5 – 7 minutes. Serve with the avocado dip.



## Energy bars

Makes 8 **EASY** 35 mins

**125g PnP Salted Butter**  
**60ml (¼ cup) PnP Golden Syrup**  
**90g PnP Oats**  
**80g PnP Sultanas**  
**65g PnP Cranberries**  
**75g PnP Dried Apricots, chopped**  
**75g PnP Self-Raising Flour**  
**90g PnP Brown Sugar**

- 1** Preheat the oven to 180°C. Prepare a 30cm x 20cm tray by lightly greasing it and lining with baking paper.
- 2** Place the butter and golden syrup in a small saucepan over medium heat and cook until the butter has melted.
- 3** Combine the oats, sultanas, cranberries, apricots, flour and sugar in a large mixing bowl. Add the melted butter mixture and mix to combine. Press into the prepared tray and bake until cooked and golden, 25 – 30 minutes. Remove from oven and allow to cool completely before cutting into squares.





# Our contributors

**FOOD&HOME**  
ENTERTAINING



## NEW TEAM PLAYER

**Lisa Campbell**  
Designer

At heart, I am an artist. With a love for all things creative, I believe food is also an amazing art form and a great expression of the cook. I enjoy being surprised by different flavour combinations and, if my pockets allowed it, I would be exploring the culinary world around me. An all-time favourite (which I discovered on tour with the band, The Black Hotels) are the chilli poppers at Fat Cactus – a must-try for anyone travelling to Cape Town!



**Claire Hu**  
Wine expert

I'm gearing up for a month-long road trip along SA's coastline with my husband and two-year-old son by packing lots of dried noodles and suncream. Unfortunately, there won't be room in the car for my wok! My last meal on earth would be Chinese noodles in soup. After eating oysters sprayed with lavender perfume at Heston Blumenthal's The Fat Duck, I am not sold on the whole molecular-gastronomy concept.



**Maryke Gallagher**  
Dietician

I'm a registered dietician with a BSc Dietetics and Masters in Nutrition from Stellenbosch University. A passion of mine is cycling, especially riding the trails on Table Mountain. My favourite kitchen gadgets are my Bosch food blender and gas hob. While nose-to-tail dining is trendy right now, I just can't stomach eating... er, stomach! I love fresh Asian flavours and any dish with avocado, salmon, mango, cashew nuts or dark chocolate.

<b>EDITOR</b> <i>Andrea Pafitis-Hill</i> andrepah@caxton.co.za	<b>MANAGING EDITOR</b> <i>Taryn Das Neves</i> taryndn@caxton.co.za	<b>FOOD EDITOR</b> <i>Thulisa Martins</i> thulisam@caxton.co.za	<b>COPY EDITOR</b> <i>Jessica Oliver</i> jessicao@caxton.co.za	<b>ART DIRECTOR</b> <i>Samantha Lewis-Politis</i> samanthal@caxton.co.za
<b>DESIGNER</b> <i>Lisa Campbell</i> lisac@caxton.co.za	<b>DIGITAL EDITOR</b> <i>Chevaun Roux</i> chevaunr@caxton.co.za	<b>MARKETING COORDINATOR</b> <i>Jana van Wyk</i> janavw@caxton.co.za 011-889-0613	<b>OFFICE MANAGER</b> <i>Zerilda Nel</i> foodhome@caxton.co.za 011-293-6047	<b>COOKING ASSISTANT/ RECIPE TESTER</b> <i>Nomvuselelo Mncube</i> nomvuselelom@caxton.co.za

**CONTRIBUTING WRITERS** Tracy Gielink, Ronélie Hart, Richard Holmes, Claire Hu, Gill Hyslop, Malu Lambert, Johan Liebenberg, Kate Liquorish, Lew Rood, Lisa van der Knaap, Diana Wemyss

**FOOD CONTRIBUTORS** Diana Chavarro, Shaileen Davis, Pia-Alexa Duarte, Peter Goffe-Wood, Lello Incendiario, Lisa Incendiario, Sam Linsell, Jason Sandell, Quentin Spickernell, Ilaniqué van Aswegen

**CONTRIBUTING PHOTOGRAPHERS** Adel Ferreira, Craig Fraser, Grace Harrison, Warren Heath, Richard Holmes, Liza Lazarides, Michael Le Grange, Sam Linsell, Toby Murphy, Pauli Olivier, Dylan Swart, Bruce Tuck, Chris Wessels, Graeme Wyllie

**CONTRIBUTING STYLISTS** Megan Daniels, Jacques Erasmus, Sam Linsell, Tara Sloggett

**CONTRIBUTING DIETICIAN** Maryke Gallagher

**CONTACT US** PO Box 1989, Parklands, 2121 • Caxton House, 4th Floor, 368 Jan Smuts Avenue, Craighall • Tel 011-293-6047 • Fax 011-789-3763 • Email foodhome@caxton.co.za or visit foodandhome.co.za

**SUBSCRIPTIONS** foodandhomesubs@RNAD.co.za • 011-473-8700

**SUBSCRIPTIONS MANAGER** Youmalan Pillay • youmalanp@RNAD.co.za

**Advertising Johannesburg** 011-293-6000  
**Advertising KwaZulu-Natal** 031-910-5841  
**Advertising Cape Town** 021-530-8600

**CLASSIFIEDS SALES MANAGER** Gary Wium  
• garyw@caxton.co.za • 011-889-0885

**BOOKINGS AND MATERIAL** Ruwaida Pillay • 011-889-0643

**GENERAL MANAGER** Anton Botes

**GROUP ADVERTISING DIRECTOR** Debbie McIntyre

**GROUP CREATIVE STRATEGY DIRECTOR** Clive Vanderwagen

**HEAD OF DIGITAL** Jana Kleinloog

**FINANCIAL MANAGER** Rohan French

**PRINT GROUP MARKETING MANAGER** Dejané Poil

**PRODUCTION MANAGER** Sada Reddhi

**GENERAL MANAGER FINANCE AND SYSTEMS**  
Carla Nel • carlan@RNAD.co.za • 011-248-3512

**PRINTING** CTP Gravure Printers Pty Ltd

**DISTRIBUTION** RNA, 12 Nobel Street, Industria, 2093  
• PO Box 101, Maraisburg, 1700 • Tel 011-248-3500  
• Fax 011-474-3583 • Email rna@RNAD.co.za

**REPRODUCTION** Caxton House, 1st Floor, 368 Jan Smuts Avenue, Craighall

**PUBLISHER AND PROPRIETOR** CTP Limited

The F&H test kitchen is sponsored by Kenwood and Prestige.





# pot luck

**O**ver-promising and under-delivering. That's the sum total of my New Year resolutions to date. So, instead of making grand, sweeping statements sealed with a wobbly clink-clink of bubbly-charged glasses at 12.05am on New Year's morning, I have made the resolution – yes, I do recognise the irony in this – to be more realistic in the commitments I make to myself. It really makes more sense. Rather than writing my 'recipe' upfront, I'll decide on the ingredients as I go along.

It's not that my resolution intentions weren't honourable before. It's just that – as I'm sure you can relate – old habits die hard and the daily stresses of life have me reaching out for never-fail comfort providers: endless cups of sugary tea, serial guzzling of White Rabbit sweets (it's their rice-paper wrapping that gets me, I tell you!), Salticrax with salt sprinkled on them (again, irony noted) topped by wedge after wedge of creamy Brie. Or oozy Camembert. Or lashings of cream cheese. I think I've established that creamy is the common denominator here.

Speaking of all things creamy and dreamy, our food ed Thulisa had great fun whipping up New Year treats using



LANCEWOOD's range of wonderful cheese products (see page 59). Not only are the dishes seriously delicious, they're also bang on trend, by bringing together clever new 'hybrids', such as berry-misu and the intriguing moissant.

By scanning the

pages of this feature with the free LAYAR app (downloadable from the Apple App Store and Google Play), you can watch Thuli assembling these dishes. What's more, you stand the chance of winning great prizes, courtesy of LANCEWOOD, so get scanning!

While this time of year is about fresh starts, it's also when we should reflect on all that has been and brought us to where we are today. Our heart-warming feature by Ronélie Hart about her grandmother's treasured bread recipe (page 80) and Kate Liquorish's up-close-and-personal chat with Liza Lazarides (page 96) – all while preparing decadent Greek desserts – are testament to the importance of nostalgia.

On that note, I think it's time to toast to loved ones who have helped raise us, those who guide and support our journeys and to all the fabulous flavours awaiting you in *F&HE* in 2015!

*Andrea*

## My latest obsession

The über-talented Michelle Kunze never fails to take my breath away with her covetable collection of Urchin Art ceramics. At the moment, it's her Gold & White and Angel Wings ranges that have my heart aflutter... aren't they just to drool over? Available at Urchin Art's store, The Pause Room, Gardens Shopping Centre, Gardens, Cape Town; visit [urchinart.co.za](http://urchinart.co.za) or call 021-951-6987 for more info or to locate national (and international) stockists.



Download the free LAYAR app from the Apple App Store and Google Play onto your smartphone or tablet, scan this page to see me talk more about the highlights of this issue and the amazing prizes to be won!



LOOK OUT FOR THE AUGMENTED REALITY ICONS IN THIS ISSUE, THEN FOLLOW THESE STEPS TO WATCH THOSE PAGES COME ALIVE. BY DOING THIS, YOU STAND A CHANCE OF WINNING A R5 000 GROCERY-SHOPPING VOUCHER AND OTHER GREAT PRIZES!



Download free LAYAR app



Look out for the LAYAR logo in this magazine and scan the page



Discover interactive content



# Dear Food & Home

## Update...

**@FHEMag:** *Make your own ice-cream flavour this summer. What crazy combination would you go for?*

**add.someflavour**

**@Add\_FlavourZA**

**@FHEMag** *Dark chocolate and ginger*

**michelle van rooyen**  
**@michell61483052**

**@FHEMag** *Dark chocolate and hazelnuts*

**Paul Ballen**  
**@Paul\_Ballen**

**@FHEMag** *Cereal milk; tea & biscuit; strawberry & candied pink peppercorn; lemon speculaas*

## GET F&HE ONLINE NOW!

TO DOWNLOAD THE LATEST ISSUE OF F&HE ONTO YOUR TABLET OR PC, GO TO [FOODANDHOME.CO.ZA](http://FOODANDHOME.CO.ZA) AND SUBSCRIBE TO 12 ISSUES FOR R234 – JUST R19,50 AN ISSUE. **BARGAIN!**



Don't forget to subscribe to our newsletter at [foodandhome.co.za](http://foodandhome.co.za). Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up!



## GOT THE *Sizzle!*

In the town where I grew up, I was the fashion icon and I truly enjoyed turning heads for whatever it was – a new outfit, a new hairstyle or just showing off my freshly gel-tipped nails and perfect curves. I was exuberant, energetic, full of life, on the go and incredibly spontaneous. I felt good both inside and outside. Not only was I glowing externally, but my health was in top form as I exercised and took the utmost precaution in not consuming anything detrimental to my health.

Yet, with entering the working world, the added stress and living on my own, I lost myself over the years. Easy dinners became biscuits, chocolates and sweets. I gained weight, lost my waistline and just gave up. But, thanks to *F&HE*, I am free again!

I worked hard at getting my life back, following low-carb diets found

in the mag, and I did it in just a few months, all thanks to your amazing recipes. I absolutely love having family and friends over and trying out new meals. The magazine has a little bit of everything, from kitchen tips and the latest cookbooks, to where to eat out, home entertaining and the most amazing library of recipes and how-to videos.

My sense of accomplishment, style and tasteful meals are my own, and my family and friends absolutely love it. Having homes of our own now, my sisters and I buy *F&HE* each month to stay up to date in the world of fab food. Every alternate week, we make it an international-dining evening, where we dress up and try out foods from a specific country. It's been such amazing fun!

Thank you, *F&HE* – my kitchen and I are sizzling again!

**Jo Lazarus, Richards Bay**

## WINNING LETTER

## WIN!

Next month's winning letter will receive this pocketable PowerShot S200 from Canon, worth R3 399. The PowerShot S200 delivers stunning image quality and easy access to manual settings in a modern, pocketable design – with a host of creative features for those

seeking their next step in photography. Combining an ultra-wide angle bright f/2.0 lens, a higher sensitivity 10.1 Megapixel CCD sensor and a PureColor II G LCD screen with tempered glass layer, the PowerShot S200

lets you capture the moments meant to last a lifetime and relive the experiences again and again with high-quality images. Share your favourite shots on social networks with its integrated Wi-Fi or conveniently back up your images to cloud services, including Flickr and Google Drive™.



**Canon**

**Write to F&HE and share your food experiences. Email [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za). F&HE reserves the right to edit letters and award prizes based on merit.**



# THE GIFT THAT KEEPS ON

# GIVING



My sister in Big Bay is hosting our family Christmas lunch this year and suggested we each bring ready-prepared dishes so no one is slaving away in the kitchen preparing turkey and roast potatoes for hours on end.

The naartjie and ginger beer-glazed gammon and the three-pea salad with mint dressing will be my contribution to the feast – thanks to the December issue of *F&HE*.

In the interest of containing costs this festive season, she also suggested the names of all the adults go into a hat and we each draw two people to gift – with a value of up to R200 per present. Your fabulous festive-season subscription special is perfect at R180 for 12 issues! The offer means the festive spirit will last a whole year and I just know it will be the nicest gift on the day.

**Janet Lytwynchuk, Cape Town**

## Summer salads

What a disappointment when my October issue didn't arrive on time. But, after getting an email to say the postal strike was the cause, I immediately ran out to buy it – I was having withdrawal symptoms! It was well worth the wait – so feminine and summery. As for the photographs of the sexy salad jars...

They look like magical lanterns hanging on the rope! I feel like throwing out all my crockery and lining my shelves with all those beautiful jars. Not only does the food look sensational, but it's easy to serve and ultra hygienic. It's as if I've been transported into a fairy tale.

**Ida Jacobson, Johannesburg**





## Seasonal summer goat's cheese salad with cashew-nut brittle

Serves 4 – 6 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS BRITTLE

160g castor sugar  
160g unsalted cashew nuts

### DRESSING

45ml (3 tbsp) maple syrup  
100ml mixed tropical fruit juice  
small handful fresh thyme leaves  
10ml (2 tsp) lemon juice  
salt and freshly ground black  
pepper, to taste

### SALAD

6 ripe fresh apricots, cut in half  
50ml honey  
500g fresh strawberries, some  
halved and others kept whole  
200g goat's cheese coated in  
vegetable ash, sliced (available at  
select delis and cheese shops)  
1 medium fresh pineapple, cut into  
wedges and chargrilled  
4 fresh granadillas, cut in half  
small handful pea shoots/  
microherbs  
170g baby spinach

### HOW TO DO IT

- 1 For the brittle, melt the sugar in a pot over medium-high heat until caramel in colour and it reaches 170°C on a sugar thermometer. Carefully stir in the nuts, quickly pour over a silicone mat or lined baking tray and set aside to cool. Once set, break into shards.
- 2 For the dressing, blend together all of the ingredients until well combined.
- 3 For the salad, coat the apricots with the honey. Place all of the salad ingredients on a platter or individual plates, drizzle with the dressing and top with shards of cashew-nut brittle.

Recipe and styling by THULISA MARTINS  
Assisted by NOMVUSELELO MNCUBE  
Photographs by GRAEME WYLLIE



66

This is a naughty salad! The bittersweet notes of the crunchy brittle pair very well with the creamy, salty goat's cheese.

The fruits not only add beautiful pops of colour, they also contribute to the freshness and crispness of the salad.

99

COVER  
DISH30  
mins

**EAT**  
the  
WITH... COVER

TURN THE PAGE  
TO DISCOVER  
WHERE YOU CAN  
EAT OUR COVER  
DISH THIS MONTH





# EAT the COVER

DIVE INTO OUR SEASONAL SUMMER GOAT'S CHEESE SALAD WITH CASHEW-NUT BRITTLE AT ANY OF THESE THREE RESTAURANTS

SEASONAL SUMMER  
GOAT'S CHEESE  
SALAD WITH CASHEW-  
NUT BRITTLE

AVANTI, BLOEMFONTEIN



**Chefs Ezio  
and Louise  
Panelatti, Avanti,  
Bloemfontein**

From simple home-made biscotti with your Italian cappuccino to delicious home-made lamb ravioli, every part of Avanti's presentation is carefully selected for excellence. The blackboard specials feature a selection of tempting starters, main courses and desserts that change weekly according to availability and seasonality. The restaurant is run by an Italian family – Mamma Lina keeps an eye on the traditional Italian dishes, while chefs Ezio and Louise add a modern spin. Relax in a comfortable atmosphere and stay as long as you like, because when you're there, you're family!

**BOOKINGS: 051-447 4198;  
louise@avantirestaurant.co.za**

WIN a dinner  
for two worth  
R500 at any of these  
three amazing  
restaurants!  
Scan the page with  
LAYAR to enter.



LIL'KITCHEN, JOHANNESBURG



**Owner Liandi  
Britz (left),  
Lil'Kitchen, JHB**

At Lil'Kitchen, the theme is wholesome, healthy, eco-friendly eating with a wide range of tasty meals. Owner Liandi Britz is a young entrepreneur, passionate about nutritious and authentic food. From quinoa salads with roasted butternut, fresh greens, feta, raddish and celery with toasted pumpkin seeds to freshly squeezed juices and smoothies, the menu has something for everyone.

**BOOKINGS: 011-057-7785;  
hello@lilkitchen.co.za**

Steeped in history dating back to 1692, the 300-year-old Lanzerac Wine Estate is synonymous with old-world charm and rich Cape heritage. Visit for some stately dining in the Governor's Hall, where the kitchen operates under the guidance of executive chef Stephen Fraser. From Cardiff, Stephen moved to South Africa in 2013, training under the legendary David Higgs. Stephen boasts a food philosophy of the very best local and seasonal ingredients.

**BOOKINGS: 021-887-1132;  
info@lanzerac.co.za**

**Executive chef  
Stephen Fraser,  
Governor's Hall,  
Lanzerac Estate,  
Stellenbosch**



GOVERNOR'S HALL, STELLENBOSCH

Our January cover dish will be served at the above venues from Monday 8 December to Saturday 31 January.



# Trending

WE ROUND UP THE HOTTEST TRENDS SET TO TAKE THE CULINARY WORLD BY STORM IN 2015!



## Charcoal

Charcoal is the new black in the foodie world for 2015 as it colours its way into doughs, pastries and sauces for a darker edge to any restaurant's menu. While adding charcoal has been popular in Asia for some years – Burger King in Japan created a 'Kuro Pearl' burger with black bun – it's making its way across borders. While some chefs have noted that customers are still getting used to this trend and will often query it on menus, health gurus have been taking activated charcoal supplements for years due to its natural ability to absorb harmful toxins in your body. So, when you see that black bun popping up at your local burger joint, give it a go!



## Nikkei

With a large community of Japanese expats, who began moving to the South American country in the late 1800s for work, it's no wonder that the increasingly trendy Peruvian-Japanese fusion cuisine – known as Nikkei – is hotting up all over the world. Dishes bring together the elegant and delicate cuisine of Japan with the freshness and spicy punch of Peru. elBulli star Ferran Adrià has recently opened Pakta in Spain, which offers diners either the Fujiyama menu or the Machu Picchu menu, depending on which side of the culinary divide is emphasised.

## MCT Oil

Medium chain triglycerides (MCT) work directly in your body's cells, giving you an extra boost to maximise your performance and, thus, very little is stored as fat. Extracted from palm and coconut oil, it is a highly purified essential fatty acid for high-performance energy.

## Neurogastronomy

Neurogastronomy – or the way our brain creates flavour and taste sensation – is becoming an increasingly popular field for those pushing culinary boundaries. With our sense of smell playing an active roll in highlighting and stimulating taste, technology is constantly being developed to heighten the dining experience – such as the Aromafork, which releases varying aromas through a liquid gel cap at the base of the fork.



## Freekeh

Move over quinoa: freekeh is harvested while still young and green and, therefore, retains more protein, fibre and minerals than mature wheat. Similar in taste to bulgur wheat and with a texture like barley, freekeh has a low GI and considerably higher fibre content than other grains (three times the amount of fibre as brown rice and twice as much as quinoa). It also contains resistant starch, a form of carbohydrate that acts like a fibre and helps to keep you feeling full for longer.



## Coconut sugar

While the world goes mad for anything derived from the coconut palm tree – coconut oil, coconut water, coconut flour – the latest craze is coconut sugar. Increasingly trendy to have in your kitchen pantry, coconut sugar, also called coconut palm sugar, has the nutritious edge over its white and brown counterparts – its impressive amounts of nutrients like zinc and iron, fibre-giving inulin and many antioxidants give it a lower GI than regular table sugar. But it still contains a high amount of fructose and is not as healthy a choice as sugar-free sweeteners, such as Xylitol.



# Trending

WE ROUND UP THE HOTTEST TRENDS SET TO TAKE THE CULINARY WORLD BY STORM IN 2015!



## Charcoal

Charcoal is the new black in the foodie world for 2015 as it colours its way into doughs, pastries and sauces for a darker edge to any restaurant's menu. While adding charcoal has been popular in Asia for some years – Burger King in Japan created a 'Kuro Pearl' burger with black bun – it's making its way across borders. While some chefs have noted that customers are still getting used to this trend and will often query it on menus, health gurus have been taking activated charcoal supplements for years due to its natural ability to absorb harmful toxins in your body. So, when you see that black bun popping up at your local burger joint, give it a go!



## Nikkei

With a large community of Japanese expats, who began moving to the South American country in the late 1800s for work, it's no wonder that the increasingly trendy Peruvian-Japanese fusion cuisine – known as Nikkei – is hotting up all over the world. Dishes bring together the elegant and delicate cuisine of Japan with the freshness and spicy punch of Peru. elBulli star Ferran Adrià has recently opened Pakta in Spain, which offers diners either the Fujiyama menu or the Machu Picchu menu, depending on which side of the culinary divide is emphasised.

## MCT Oil

Medium chain triglycerides (MCT) work directly in your body's cells, giving you an extra boost to maximise your performance and, thus, very little is stored as fat. Extracted from palm and coconut oil, it is a highly purified essential fatty acid for high-performance energy.

## Neurogastronomy

Neurogastronomy – or the way our brain creates flavour and taste sensation – is becoming an increasingly popular field for those pushing culinary boundaries. With our sense of smell playing an active roll in highlighting and stimulating taste, technology is constantly being developed to heighten the dining experience – such as the Aromafork, which releases varying aromas through a liquid gel cap at the base of the fork.



## Coconut sugar

While the world goes mad for anything derived from the coconut palm tree – coconut oil, coconut water, coconut flour – the latest craze is coconut sugar. Increasingly trendy to have in your kitchen pantry, coconut sugar, also called coconut palm sugar, has the nutritious edge over its white and brown counterparts – its impressive amounts of nutrients like zinc and iron, fibre-giving inulin and many antioxidants give it a lower GI than regular table sugar. But it still contains a high amount of fructose and is not as healthy a choice as sugar-free sweeteners, such as Xylitol.

## Freekeh

Move over quinoa: freekeh is harvested while still young and green and, therefore, retains more protein, fibre and minerals than mature wheat. Similar in taste to bulgur wheat and with a texture like barley, freekeh has a low GI and considerably higher fibre content than other grains (three times the amount of fibre as brown rice and twice as much as quinoa). It also contains resistant starch, a form of carbohydrate that acts like a fibre and helps to keep you feeling full for longer.





AARON KEARNEY  
(AARONKEARNEYDESIGN.COM)  
'NO-KNIFE' BOWL, R50,  
ESQUE.CO.ZA



"you don't always need a knife"

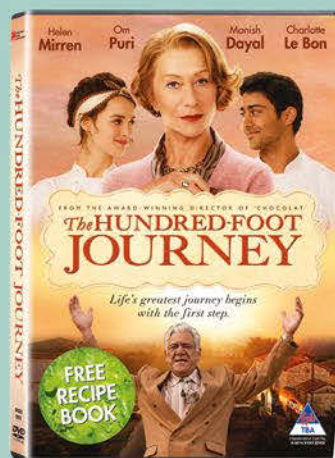


Photograph by Micky Hoyle

SOMA PLANTERS  
BY LAURIE WIID,  
70CM, R12 500,  
100CM, R18 500,  
130CM, R20 500;  
INDIGENUS.CO.ZA



## Missed seeing it on the big screen?



©2014 DreamWorks II Distribution Co., LLC



Grab your copy of *The Hundred-Foot Journey* DVD, starring Helen Mirren, Om Puri, Manish Dayal and Charlotte Le Bon, for only R159,95 from 3 December 2014 at select Musica stores.

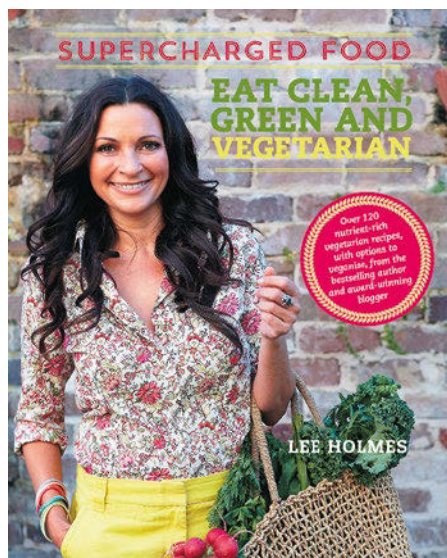
Not only will you enjoy this heart-warming story, you will also receive a free recipe booklet from *Food & Home Entertaining* magazine with never-seen-before recipes inspired by the film!

**TM** TIMES MEDIA  
HOME  
ENTERTAINMENT



**MUSICA**  
A WORLD AWAITS



BLOGGER OF THE MONTH *superchargedfood.com*

The gorgeous Australian Lee Holmes is here to give your festive-season indulgence a shake and makeover with the delicious and nutritious recipes on her blog, Supercharged Food! With a focus on healthy and clean eating, she's all about listening to what your body needs and giving it a boost with what nature intended us to eat. Her easy-to-prepare dishes are all gluten-, wheat-, dairy-, yeast- and sugar free.

**Before I became a blogger,**

I was head of ABC's (the Australian Broadcasting Authority) children's music and worked with kids' music bands.

**I created my blog because I was diagnosed with an autoimmune condition** and began creating recipes that helped me recover. Turning my back on conventional medicine, I used food as a way to heal myself. I needed a place to store my recipes and share them with my friends and family. The blog grew organically and people began sharing it with their friends and families and, before I knew it, I had tens of thousands of people making my recipes and emailing me about how much they enjoyed them.

**I found a lot of inspiration for my recipes when I travelled to India and Indonesia.** I discovered wonderful spices and curative ingredients. I also cultivate a mini herb garden on my patio for instant fresh herbs, and I shop at farmers' markets for fresh and living produce. I love making my cauliflower

cheesecake recipe – it's hard to believe it is so healthy!

**Even though my new cookbook, Supercharged Food: Eat Clean, Green and Vegetarian, out in January 2015,** is focused on vegetarian food, I'm not personally vegetarian. I consider myself flexitarian and believe in listening to my body and what it needs. The new book is all about encouraging people to eat more vegetables and includes some interesting and really tasty dishes; not hockey-puck patties or nut roasts! I am also working on another cookbook, coming out in September, called *Heal Your Gut*, which is the companion to my Heal Your Gut online programme (which you can find on my website).

**For those considering starting to eat cleanly and healthily in the New Year,** just take things slowly and try to change one thing at a time. Even if it's just having a real food meal and cooking it from scratch, or swapping out a coffee for dandelion tea!

“Live in each season as it passes, breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.”

HENRY DAVID THOREAU

*Dates for the diary...*

**10** January. The L'Ormarins Queen's Plate, Kenilworth Racecourse, Cape Town. From 11am to 11pm, no under 18s, dress code strictly smart with blue and white. Tickets available through Computicket: general access, R300, and to the Stud Lounge, R1 200. [lqp.co.za](http://lqp.co.za)

**29** January – 1 February. Up The Creek Music Festival celebrates its 25th birthday! Sedgwick's Original Old Brown will be there to share the warmth along with great live music, comedy acts and creative floating devices. Tickets, R750, are limited. [upthecreek.co.za](http://upthecreek.co.za)

**31** January – 1 February. Come celebrate at Delheim's Start of Harvest Festival. Tickets are limited and cost R285 per adult (R175 per child under 12; kids under two, free). 021-888-4607; [restaurant@delheim.com](mailto:restaurant@delheim.com)



# Recipes for decor inspiration!



Following more than 20 bestselling books on decorative painting, Annie Sloan has written her first book about interior design, *Annie Sloan's Room Recipes for Style and Color* (R582 from [exclusives.co.za](http://exclusives.co.za)). Give your home a makeover in 2015!

## Sweet and spicy!

Try these signature infused balsamic vinegars and olive oil, exclusive to Food Lover's Market. Signature Jalapeno Flavoured Extra Virgin Olive Oil, R49,99 for 250ml; Fig Flavoured Balsamic Vinegar, R39,99 for 250ml; Pomegranate Flavoured Balsamic Vinegar, R 39,99 for 250ml.



➤ COCOZONE 100% PURE COCONUT WATER, R20 FOR 330ML, AVAILABLE AT SELECT SPAR STORES. [COCOZONE.COM](http://COCOZONE.COM)

➤ SIR FRUIT (FORMERLY KNOWN AS SIR JUICE) HAS ADDED 'THE BERRIES' JUICE TO ITS FLAVOUR RANGE. R15,99 FOR 500ML, AVAILABLE AT LEADING RETAIL STORES. [SIRJUICE.CO.ZA](http://SIRJUICE.CO.ZA)



### COOKERY OR CROOKERY?

Stephen Billingham, Director of HTA School of Culinary Art, The Capital Hotel School & Training Academy and President of the South African Chefs Association, shares seven top pointers to look out for when selecting a chef school

#### Accreditation credentials.

Does it have the required accreditation through a Quality Assurance awarding body such as City & Guilds, CATHSSETA or Umalusi?

**Reputation.** Speak to past graduates and current students to find out what the employment ratio is for graduates of that school and where they have been placed within the industry.

**Duration.** Many South African chef schools offer a two-year diploma programme, which is acceptable to the industry both locally and abroad.

**Qualification.** The qualification at the end should be a certificate for a one-year programme or a diploma for a two-year programme.

**Student/instructor ratio.** As this is a highly craft-based industry, the Department of Labour considers the ideal to be 16:1 in a practical environment, giving a reasonable level of lecturer attention per student.

**Industry placement.** What monitoring and assessment processes are in place to make sure that realistic workplace experience is structured and valuable?

**Calibre of instructors.** Are the school's lecturers themselves trained and certified with sufficient working knowledge and industry experience? Do they have the required qualifications to assess and/or moderate student performance?





# EAT OUT @

## KZN MIDLANDS: SURF RIDERS FOOD SHACK

Durban's Surf Riders Food Shack is a super-cool, super-casual, seaside café dishing up finger-licking food in mostly biodegradable cartons. Kickstart the day with 'The Works' – a substantial sesame bun filled with poached eggs, Gouda and chorizo gravy, which is baked in the pizza oven and topped with Hollandaise sauce; or their interpretation of eggs Benedict, which uses avo and salmon. Consulting chef Brendan Newport spent months creating the ultimate burger, made using free-range, hormone-free and grass-fed beef for delicious patties that are grilled to order. Fries are gratifyingly good and those smothered in a cheese sauce are understandably labelled on the menu as addictive. Hot dogs are also given the gourmet treatment like the Deluxe Dog, which sees a bacon-wrapped sausage topped with caramelised onions, piccalilli and cheese sauce. Overlook the pizzas at your peril, especially those listed on the 'Specials' board. Addington Beach, Durban; 071 376 8684. *By Tracy Gielink*



## JOBURG: THAI CAFÉ

Open daily from 11am till late, Thai Café offers eat-in, pick-up or home-delivery options, as well as a cocktail lounge upstairs called Po Na Na. Flavours are fresh and authentic, thanks to imported ingredients and fully trained staff, led by restaurant manager Patty Suwanmanee. The brand's mantra of 'Staying healthy just got easier' brings the real taste of Thailand to South Africa and our group guiltlessly divulged on Me Prik (chicken, beef or prawns stir-fried with yellow egg noodles, fresh vegetables and cashews in roasted chilli paste), Black Bean Noodles (thin Thai rice noodles stir-fried with vegetables in black bean sauce) and Crispy Duck. 137 Greenway, Greenside; 011-646-9000; thaicafe.biz. *By Gill Hyslop*

## CAPE TOWN: THE BANTING KITCHEN

As the low-carb, high-fat Banting bandwagon gathers steam, it's perhaps no surprise that trendy Green Point is home to what's been billed as the world's first restaurant devoted to the lifestyle diet. The Banting Kitchen dishes up a menu that's predictably heavy on protein and animal fat... but with a few cheats for the weak-willed. The mains are distinctly Banting, with wild mushroom 'caulisotto' and carb-free 'Banting lasagne', alongside a range of meats and seafood from the grill. 47 Main Road, Green Point; 021-430-0500; thebantingkitchen.co.za. *By Richard Holmes*







# MARKET OF THE MONTH:

## THE NATURAL MARKET

WRITER SARAH GURNEY LIVES IN CAPE TOWN  
AND WOULD GLADLY START AND END EACH  
DAY WITH DESSERT. AS LONG AS THERE WAS  
CHEESE SOMEWHERE IN BETWEEN.

Natural Market

If you've spent much time in the Cape, chances are you've been to at least a couple of the well-known markets. It's something of a weekend tradition for Capetonians to sip on some craft beer at the Biscuit Mill before buying an 'on trend' leather backpack, perhaps. The market scene is quite an established one. So, the chance to try something fresh is exciting. The new Natural Market in Franschhoek is held at the beautiful Huguenot Monument and offers a range of locally produced food and products and, given the beautiful setting in the heart of the Cape winelands, is bound to grow quickly.

carvings, leather bags and shoes and wooden and wire sculptures. I fell in love with a red leather handbag by Mint Clothing that I have not stopped thinking about. I think that means it's true love? I was also quite taken with the beautiful wire sculptures made by Professor Pedro (yes, really). He explained that he calls his technique 'random wire' and makes his creations with galvanised wire, which he powder-coats afterwards so that they don't rust.

I made my way over to the food stalls – of course I did – as The Pickled Popper had caught my eye. They make some of

“...others moseyed over to the monument to get a closer view and, given the prevalence of beards and man-buns, I'm assuming to Instagram it.”

When I visited this new kid on the block, the atmosphere was very relaxed as people wandered from stall to stall, tasting the delicious local fare, browsing the various craft stalls and listening to the live saxophone music that drifted across the field. Some people sat on benches under a massive tree, enjoying the shade while sipping on cocktails, while others moseyed over to the monument to get a closer view and, given the prevalence of beards and man-buns, I'm assuming to Instagram it.

On offer was the usual craft beer, good coffee, local artisan cheese, samoosas, honey and a variety of sweet treats. Not to mention the beautiful clothes, pottery, paintings, stone

the best chilli poppers I've ever tasted: basil and mozzarella, spinach and feta, and, my favourite, sun-dried tomato. I got so caught up chatting to Pine Pienaar, father of owner Ryan Pienaar, that I walked away with my chilli popper without paying and had to return a few minutes later when I realised my mistake. Awkward.

I took a bite of the chilli popper and was so lost in the melt-in-your-mouth taste explosion that a gust of wind snatched the plate – and the rest of the popper – right out of my hand. Having had one bite of heaven, I was not about to let the rest get away and chased it down. That's right – I retrieved it from the grass and ate it anyway. It was that good.



### Sun-dried tomato chilli poppers

Makes 6 **EASY** 15 mins

**80g mozzarella**  
**80g cream cheese, optional**  
**80g sun-dried tomatoes**  
**6 whole pickled jalapeños, seeded**  
**100g cake flour**  
**185ml water**  
**70g breadcrumbs**

#### cooking oil, to deep-fry

- 1 Mix the mozzarella, cream cheese (if using) and sun-dried tomatoes together and stuff the jalapeños with the mixture.
- 2 Mix together the flour and water to form a batter. Dip the jalapeños into the batter and roll in the breadcrumbs.
- 3 Deep-fry in cooking oil at 180°C until golden brown, about 4 minutes.

Huguenot Monument, Franschhoek. Open on Sundays from 9am – 3pm. Visit [naturalmarket.co.za](http://naturalmarket.co.za) or contact Janet Roets on 082 877 8833.

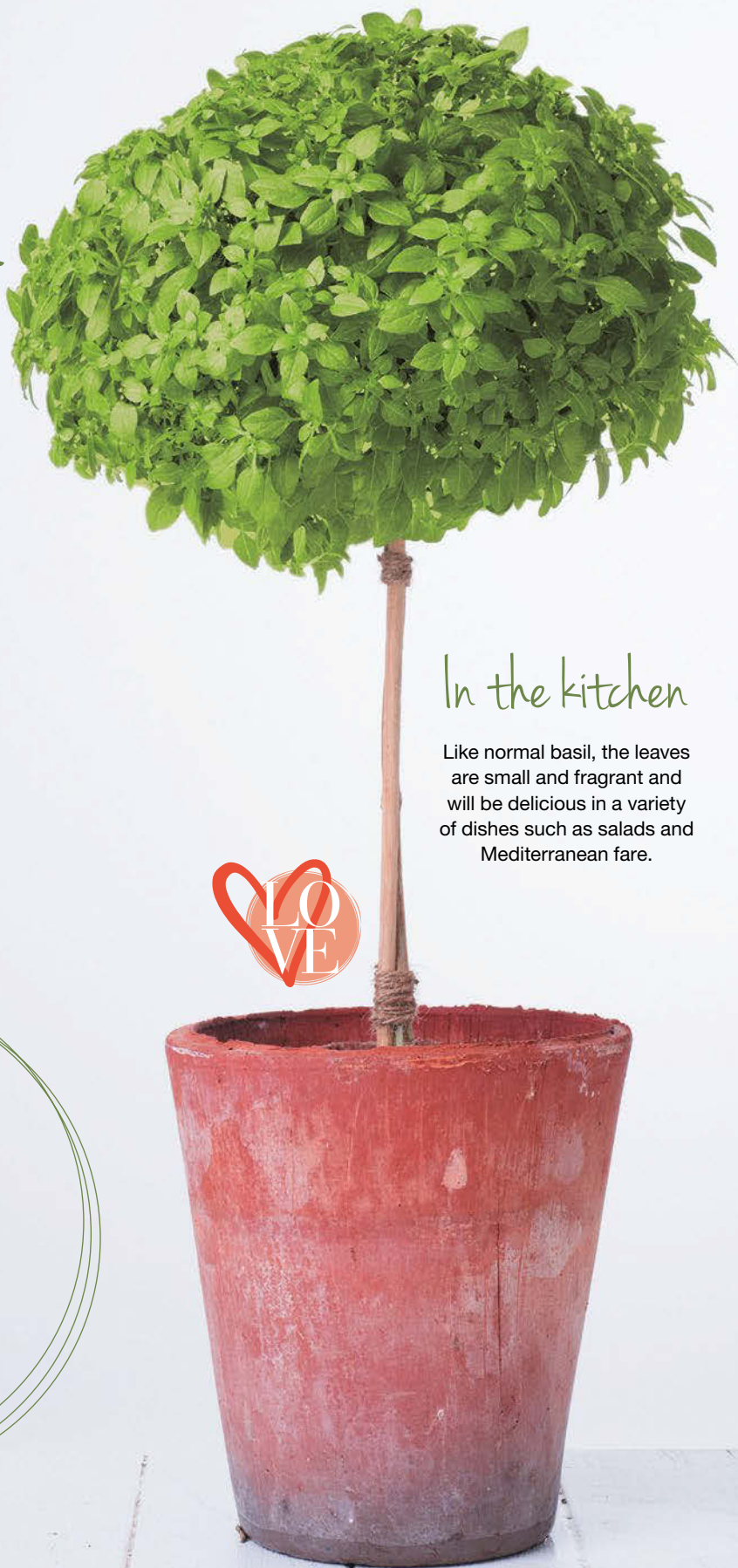


# PERENNIAL basil tree

**H**ishtil, an Israeli horticulturist company, recently swept top honours at the world's largest horticultural event, IPM in Essen, Germany, for its perennial basil tree. By merging two varying species of basil together, they created a plant that provides delicious and delicate basil leaves not only all year round, but which will survive indoors for several years.

## How to grow

Available from Woolworths for R199,99, the perennial basil tree is easy to maintain. Make sure it has a regular supply of water, so the soil remains moist, and it receives adequate sunlight daily. Trim the leaves to keep its lollipop shape.



## In the kitchen

Like normal basil, the leaves are small and fragrant and will be delicious in a variety of dishes such as salads and Mediterranean fare.





canvas © 6071



A lifetime of effortless cooking.



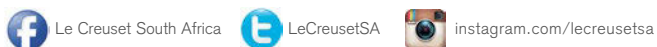
Le Creuset's Toughened Non-Stick pans are coated inside and out with a hard and durable PFOA-free non-stick coating that makes lifting an absolute breeze. Easy to clean, structurally hardened and tough enough to withstand metal utensils, they can be used on any heat source and are guaranteed for life.

Visit [www.lecreuset.co.za](http://www.lecreuset.co.za) or call our customer help line on 086 177 3321.



**LE CREUSET®**

**A great recipe lasts forever.**



CAVENDISH SQUARE · TYGER VALLEY CENTRE · SOMERSET MALL · GARDENS CENTRE · THE CONSTANTIA VILLAGE · KILLARNEY MALL · BEDFORD CENTRE  
HYDE PARK CORNER · CLEARWATER MALL · BROOKLYN MALL · WOODLANDS BOULEVARD · LA LUCIA MALL · THE PAVILION · WATERFALL MALL RUSTENBURG · SANDTON CITY  
V&A WATERFRONT · NICOLWAY BRYANSTON · CANAL WALK · WALMER PARK · FRANSCHHOEK · WATERSTONE VILLAGE · CRESTA SHOPPING CENTRE · GROVE MALL NAMIBIA





# placing africa

ON THE  
CULINARY  
STAGE





THE WORLD IS BEING UNITED IN TASTE AS EXOTIC FLAVOURS FROM AROUND THE WORLD CROSS BORDERS. BUT, WHILE YOU CAN EASILY FIND MEDITERRANEAN, INDIAN, CHINESE AND THAI CUISINES ON MOST SUPERMARKET SHELVES, THERE'S NOTHING THAT'S UNIQUELY AFRICAN. THAT'S WHY DEBBIE BOUSFIELD WENT TO EXPLORE WHAT THE CONTINENT HAD TO OFFER

By GILL HYSLOP Photographs by BRUCE TUCK

When it comes to Africa, there's no one more uniquely suited to creating a range of African-inspired food products than Debbie Bousfield. A direct descendant of five generations of hunters and safari specialists, she has embraced Africa's passion for food. Together with innovative food technologists, her Prue Leith-trained niece, Jo Green, and internationally acclaimed chef Morné Ströh, Debbie has developed a range of convenient cook-in sauces and soups under the label Gourmet Africa: United Tastes of Africa. Without a doubt, this distinctive range is causing a food revolution on the global stage. ➤

DEBBIE BOUSFIELD



DE BREEDE

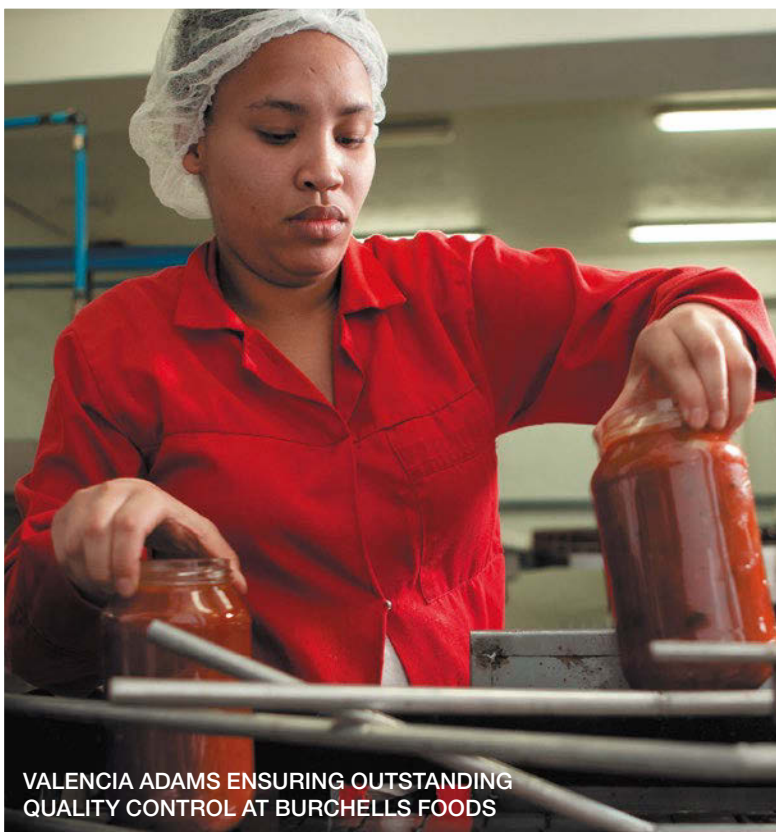




Every aspect of the story around Burchells Foods is connected to a deep love for Africa, its people and its heritage.

Debbie's family's adventures began in the late 18th century when her great-grandfather, Richard Granville Nicholson, escorted Empress Eugénie to the site of her son's grave after the Anglo-Zulu War. In the 1960s, family members headed up the East African Game Department in Tanganyika and trained lions for famous films like *Born Free*. Debbie's father, Jack Bousfield, was a legendary crocodile hunter who had a life-long love affair with the Makgadikgadi Salt Pans, often escorting aristocrats and film stars into obscure corners of the continent. His vision to start a safari camp never became a reality before his tragic death in an aircraft accident; however, several years later, his son Ralph established the award-winning Jack's Camp in his memory.

Operating from the historical family residence – Hartebeest Rivier Opstal on De Breede Estate, located just outside Worcester in the Cape (declared a National Monument in 1986) – Debbie's bond with



VALENCIA ADAMS ENSURING OUTSTANDING QUALITY CONTROL AT BURCHELLS FOODS



Africa is prevalent in the name of her holding company, dedicated to naturalist William John Burchell, who documented much of South Africa's unique flora and fauna. In 1813, Burchell stopped at the Hartebeest Rivier farm on his way to the interior, inspiring Pieter Jacobs Jnr (the son of the then owner of the gracious Cape Dutch Opstal) to follow in his footsteps into the relatively unknown Bechuanaland.

Like many residents before them, the Jacobs family were industrious farmers with extensive herds of cattle and sheep and also produced wine. The original cellar dates back to the mid-1700s and wine production was recorded as early as 1742, a tradition that continues today. The boutique wines produced by De Breede Organic Vineyards are winning acclaim, particularly in export markets like Europe and the Far East.

Embracing traditional dishes from the Cape to Cairo – such as a Cape Malay Curry to Yassa au Poulet (an onion and mustard sauce from Senegal), Doro Wat (deep, rich tomato flavours from Ethiopia) and Maharage Ya Nasi (with coconut and beans from Tanzania), as well as a peanut snack called Klui Klui that's enjoyed throughout Africa, and a basil and alligator pepper pesto called Mbongo Basil from Cameroon, among others in the range of 32 products – the Gourmet Africa products go way beyond simply offering a new taste experience, but inspire with a story involving the tradition of eating this particular meal in its home country.

Ideal for vegetarians, the range is also lactose-, GMO- and gluten free, and packed in recyclable, microwaveable stand-up pouches. All products are made without preservatives, colourants or additives, and the ingredients sourced from a nearby socially- and environmentally sustaining African farm project. If that's not enough, they're also produced in South Africa's first green food factory. The Worcester-based production facility is a fully retrofit building, reducing the need for unnecessary construction materials and building waste; is powered

by non-fossil organic biofuels, solar-powered hot water and low-energy light; recycles its grey water; uses environmentally friendly alternatives to chemically manufactured antimicrobials; and creates fertiliser from vegetable matter recycled through earthworms, among many other practices. Additionally, a percentage of each product sold is donated to the 8 000-hectare Tachila Nature Reserve in Botswana. Debbie's 84-year-old mother, Nicky Bousfield, set up this as a wildlife charity to preserve the natural and historical heritage of the region and increase eco-tourism potential and employment opportunities.

"Traditionally, all over Africa, the basis of a meal is a delicious thick soup or stew, expressly made to be shared in true Ubuntu fashion," comments Debbie. "I was lucky enough to be born in the porini (African bush) in remote Tanzania, where our closest neighbours lived 100km away. This was raw Africa and I have an unstoppable passion for the land, its people and its cuisines.

"I've devised a new frontier of authentic traditional flavours that the world has yet to discover; certainly,

this number of regional dishes has never before been available as a collective. It's very important to me that the range maintains its true authenticity. I want the world to taste the original flavours that Mzee (a respected elder) used to make. I also employ the people of Africa in both the growing and making of the products, using ingredients from Africa's very own abundant pantry," she concludes, underscoring the underlying theme of quality food with a conscience.

[burchells.co.za/gourmetafrica](http://burchells.co.za/gourmetafrica)



DEBBIE BOUSFIELD WITH SOME OF HER TEAM: MELINDA VERMEULEN AND CHEF MORNÉ STRÖH (AT BACK), MASHLENE CHESA AND DEE SCHOLTZ



THE JONKMANSHUIS  
AT HARTEBEEST RIVIER  
OPSTAL, DE BREEDE  
ESTATE, WORCESTER





WHAT TO DRINK, WHEN, WHERE AND HOW... By CLAIRE HU

# DRINK UP

## summer sparklers



### **Steenberg 1682 Chardonnay Brut, R139**

Made entirely from chardonnay, this cap classique is gorgeously refreshing and light – perfect for a sultry summer night. Notes of butter shortbread, Granny Smith apples and honeysuckle make this a classy bubbly.



### **Solms Astor Cape Jazz Shiraz, R55**

Fun and fruity, this is just the thing to get the festive mood flowing. A cross between an Italian lambrusco and a sparkling Aussie shiraz, it contains just 9,5 per cent alcohol, so you can indulge! It's light on the pocket too.

### **Graham Beck Cuvée Clive 2009, R520**

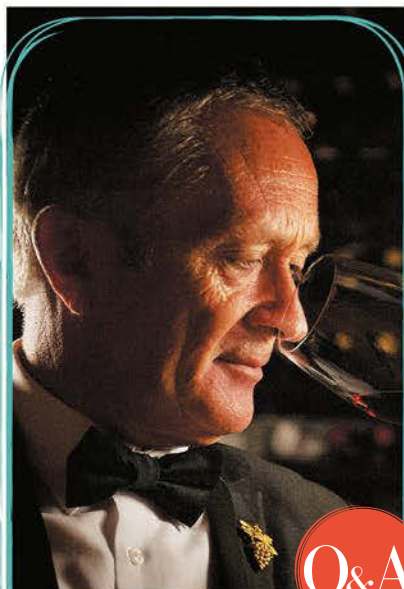
This is one serious cap classique, made in small quantities and using only the best chardonnay and pinot noir grapes. It's South Africa's equivalent of a top French champagne and gets better with age. A luscious texture with hints of white peach, apricot and a rich perfume – one to impress the boss.

There's nothing like a few bubbles to get you into a New Year's party mood! Here's a trio of my current favourite sparklers in three different styles: a blanc de noir made from just red grapes, a cap classique blend and a blanc de blancs made from 100 per cent chardonnay.

### WINE JARGON UNRAVELLED...

### traditional method

Ever wondered what gives fizz its fizz? In the case of champagne and cap classique, the traditional method involves a second fermentation in the bottle with the help of added yeast and sugar. There are other ways of adding bubbles, but this technique is thought to produce the most complex sparkler.



Q&A

**Germain Lehodey, the French sommelier at Restaurant Mosaic at The Orient in Pretoria, arrived in SA in 1983. He previously worked at La Tour d'Argent in Paris, known for having one of the best wine lists in the world. At Mosaic, he oversees a cellar featuring 3 800 wines from all over the world, as well as a new champagne bar.**

**How did you end up in SA?** I was working in Geneva (where it rained 200 days a year) when my friend went to SA and raved about it. So, when I got an offer, I thought, why not?

**What was the wine scene like in those days?** There were three or four big companies that controlled 90 per cent of the industry and an almighty fight between the rest. But I saw the potential.

**What do you think of South African bubbly?** You need a cool climate for great bubbly, so I favour areas in Constantia, Elgin and the Cederberg.

**What's the most exciting aspect of South African wine?** Chenin blanc. Thirty years ago, it tasted like alcoholic vinegar. Now it makes some great wines. I am also excited about white blends and semillon, as well as shiraz from the Swartland, cabernet sauvignon from Stellenbosch and pinot noir from the Garden Route.

**What would you drink with your last meal on earth?** Champagne Salon, circa 1995, a pinot noir from Burgundy, then a white wine from Bordeaux like Château Pape Clément, finished off with a local straw wine from Dave Trafford.





## Bar of the month

Deep in the bushveld, with the occasional giraffe wandering past, lies this swish champagne bar at Restaurant Mosaic. It's decked out in Art Nouveau style and features 145 French champagnes and local cap classiques. (It's a great place to try out lesser-known bubbly.) The most expensive on offer is a Billecart-Salmon from 1998, which costs R7 486 (as yet unsold), but there's a large range of surprisingly good-value French champagnes and rare cap classiques for less than R500. Restaurant Mosaic at The Orient Hotel, Francolin Conservation Area, Elandsfontein, Crocodile River Valley, Pretoria; 012-371-2902

## CHAMPAGNE GADGETS

Sterling Promotions has some cool champagne accessories designed to keep the bubbles flowing this summer. There are silicone stoppers in funky colours and a chrome version designed to keep your bubbly bubbly for many hours. If you get nervous about popping the cork, there are openers that make the task stress free. Handy for picnics, the Frosti Bag can be placed in the freezer for several hours and it makes a great portable cooler, while the Tchill Bag turns into a lightweight ice bucket. [sterlingpromotions.co.za](http://sterlingpromotions.co.za); 021-592-3060



## GIVEAWAY



Named after a Hungarian nobleman who transformed the South African wine scene, Pongrácz Desiderius is a signature cap classique made from chardonnay and pinot noir. Elegant and complex, it has won a range of awards.

Which cheese-based canapés are best served with Pongrácz Desiderius 2008? Scan this page to watch wine expert Claire Hu talk about her perfect pairing.

One lucky *F&HE* reader can win six bottles of Pongrácz Desiderius 2008, valued at R360 per bottle, to kickstart the new year! To enter, email your name, postal address and ID number to [foodhome@caxton.co.za](mailto:foodhome@caxton.co.za) by 15 January 2015.



## Dates for the diary...

**6** January. It's the season to eat lighter and fresher, and Leopard's Leap in Franschhoek is running a sushi-making masterclass (R650). Polish it off over lunch paired with Leopard's Leap wines. [cooking@leopardsleap.co.za](mailto:cooking@leopardsleap.co.za)

**9** January. Michelin-starred UK chef Roger Jones will prepare a special six-course dinner paired with local wines at Cape Town's Vineyard Hotel. Dinner, bed and breakfast deal, from R2 750. [david@vineyard.co.za](mailto:david@vineyard.co.za)

**24** January. Kitchen Jammin Blues Band are just one of the groups performing at a series of summer concerts at Muratie Wine Estate in Stellenbosch. Tickets cost R80 and include a glass of wine. [info@muratie.co.za](mailto:info@muratie.co.za)



# Books for cooks

DIGESTING THE LATEST ON THE CULINARY SHELVES... By TARYN DAS NEVES



## Sweet tooth

**WHAT TO BAKE & HOW TO BAKE IT (PHAIDON, R403)**

From simple family baking to baked treats for teatime and decadent after-dinner desserts, the helpful step-by-step instructions will have you whipping up macaroons, muffins and tarts in no time at all.

**ALL THINGS SWEET (HARPERCOLLINS, R582)**

Why not spend weekends in your kitchen making all sorts of indulgent delicacies from Rachel Allen's latest offering? While you'll literally want to

make every recipe (they all look that great!), we can't wait to try her dulce de leche brownies!

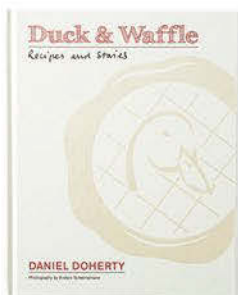
**80 CAKES FROM AROUND THE WORLD (ABSOLUTE PRESS, R465)**

If tasting a country's iconic cake or dessert is on your list of things to do while travelling, this book is for you. Showcasing the very best the world has to offer, expect chocolate pomegranate cake from Israel, bacon and maple doughnuts from the USA or Helsinki caramel cakes from Finland. Let your taste buds do the travelling!

## Classic and quirky

**THE ESSENCE OF FRENCH COOKING BY MICHEL ROUX (QUADRILLE, R460)**

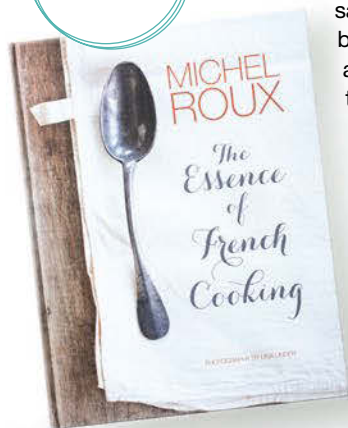
French culinary legend Michel Roux has gathered together all the dishes that epitomise classic French cooking – from salad Niçoise, bouillabaisse and coq au vin to ratatouille and dauphine potatoes. We just love his exploratory guide for cheese lovers, and all its handy recipes for the essential stocks and sauces that make French dining so delectable!



**DUCK & WAFFLE: RECIPES AND STORIES BY DANIEL DOHERTY (MITCHELL BEAZLEY, R519)**

A London staple, the Duck & Waffle is the only upscale 24-hour restaurant feeding the city's cosmopolitan hustle and bustle, no matter what the hour. With a quirky menu centred on comfort food, its award-winning chef, Daniel Doherty, shares some of the key recipes that have made this restaurant such a huge success: duck and waffle with mustard maple syrup, bacon-jam steamed buns, hangover pizza, hara bhara lamb with smoky aubergine and mint yoghurt. Delicious!

Win



**FIVE F&H READERS CAN EACH WIN A COPY OF THE ESSENCE OF FRENCH COOKING BY MICHEL ROUX FROM EXCLUSIVE BOOKS. TO ENTER, EMAIL YOUR NAME, CONTACT NUMBER AND POSTAL ADDRESS TO FOODHOME@CAXTON.CO.ZA WITH "FRENCH COOKING" IN THE SUBJECT LINE. ENTRIES CLOSE ON 15 JANUARY.**

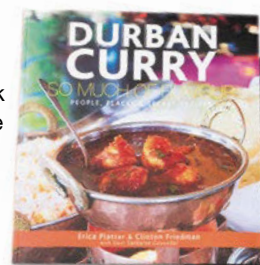
### EXCLUSIVE BOOKS' TOP 10 COOKERY TITLES

1	<i>The Real Meal Revolution</i>	Professor Tim Noakes et al
2	<i>Plenty More</i>	Yotam Ottolenghi
3	<i>Die Kos Revolusie</i>	Professor Tim Noakes et al
4	<i>Weber Braai Bible</i>	Jamie Purviance
5	<i>Jamie's Comfort Food</i>	Jamie Oliver
6	<i>Cooked in the Karoo</i>	Justin Bonello
7	<i>Low-carb Living for Families</i>	Monique le Roux Forslund
8	<i>Jamie's 15 Minute Meals</i>	Jamie Oliver
9	<i>Terroir</i>	Michael Broughton
10	<i>Durban Curry: So Much of Flavour</i>	Erica Platter and Clinton Friedman

## LOCAL IS LEKKER

These two finalists in the *Sunday Times* Food Weekly Cookbook Awards 2014 showcase just how talented SA's culinary industry really is! Erica Platter and Clinton Friedman's *Durban Curry* (Paw Paw, R295) is a compilation of curries and stories about the people behind the heritage that makes Durban SA's spice capital!

*cook. better* (Quivertree, R395), by Nikki Werner and Brandon de Kock, focuses on how to turn the average South African into a master cook by teaching the basic skills and knowledge essential to developing maximum flavour and umami (the fifth taste) in the kitchen – from how to chop, to sautéing onions and getting your seasoning just perfect.



Photographs by Dylan Swart





CONSIDERED  
A BIT  
FOUL,  
ELENOS,  
T



How far would you go for a Nespresso?

V&A Waterfront Cape Town, Canal Walk Cape Town  
Sandton City Johannesburg, Hyde Park Johannesburg  
0800 637773

Go further on [www.nespresso.com/howfar](http://www.nespresso.com/howfar)

**NESPRESSO**  
*What else?*



## Write this DOWN

1. To perfectly hull strawberries, use a sturdy paper straw to push the core out.

2. To stop oil from foaming when deep-frying, place a wine cork in the oil during the frying process.



### 3. EGG-CELLENT USES OF EGGS

- Beaten whites help to thicken soups, stews and sauces. They are also essential for making soufflés and mousses lighter in texture.
- Whole eggs and yolks help when binding mixtures, such as stuffings and meatballs. They also help to emulsify sauces and dressings, like aioli and mayonnaise.
- Brushing beaten eggs onto pastries and some baked goods gives them a shiny and vibrant golden colour, instead of being dull.
- Egg yolks are great for thickening and setting most desserts, such as mousses and custards.

#### *Egg-stra fact*

White eggs have a thicker shell than brown eggs and, as a result, do not let in as many odours from other foods in the fridge.





## 4. SWISH FISH DISH

Slice 200g yellowtail fish, 1 red onion, 200g salmon and 1 small pineapple into cubes. Place everything on a griddle pan and cook, 3 minutes on each side. Thread onto mini skewers. Make a mayonnaise and caper dip by mixing 250ml (1 cup) good-quality mayonnaise with 30ml (2 tbsp) fresh lemon juice, a handful fresh dill, 1 crushed garlic clove and 30ml (2 tbsp) chopped capers. Season to taste. Serve the skewers with a side of the delicious dip and lime wedges. This will serve up to 6 people as a canapé.

## 5. IT'S CRUNCH TIME

To get crispy and crunchy onion rings, make sure your oil is super-hot. First, dip your onion rings into buttermilk, then into cake flour. Dip them into buttermilk for a second time and, lastly, into the flour again prior to frying. Each time you add a batch of onion rings, make sure the batter has room to puff up as the onions cook.

Source: [chow.com](http://chow.com)

## 6. Bowl them over

Use a balloon to make beautiful and impressive chocolate bowls to fill with mousse, Eton mess or ice cream.

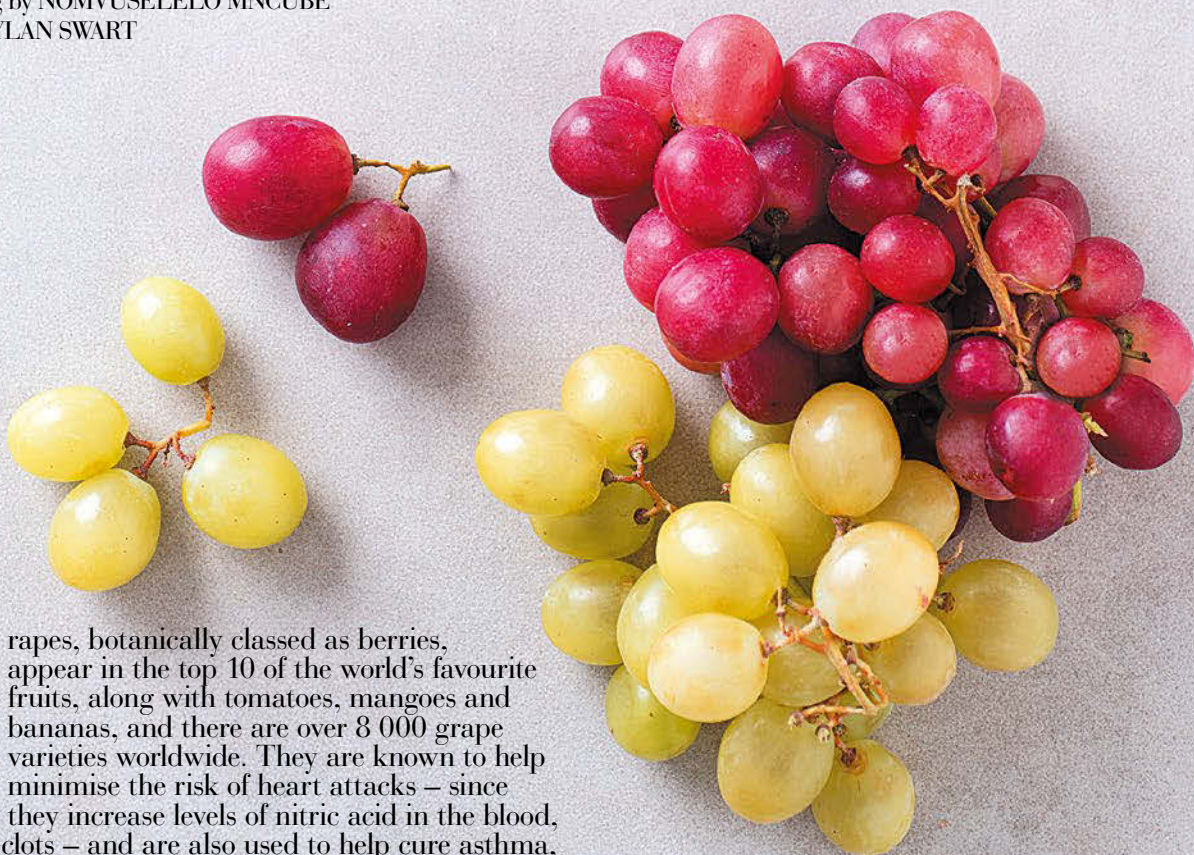




# grape SCOTT!

WITH A COMBINATION OF UNIQUE TEXTURE AND A SWEET, TART FLAVOUR, THE EVER-POPULAR GRAPE HAS ENDLESS USES. THINK WINE, JAMS, JELLIES, JUICE, VINEGAR AND GRAPE OIL, AS WELL AS THE PERFECT BETWEEN-MEAL SNACK, THANKS TO ITS VITAMIN C AND K. TRY THESE RECIPES TO INCORPORATE THE GREAT GRAPE INTO YOUR EVERYDAY MEALS

Recipes and styling by NOMVUSELELO MNCUBE  
Photographs by DYLAN SWART



**G**rapes, botanically classed as berries, appear in the top 10 of the world's favourite fruits, along with tomatoes, mangoes and bananas, and there are over 8 000 grape varieties worldwide. They are known to help minimise the risk of heart attacks – since they increase levels of nitric acid in the blood, which prevents clots – and are also used to help cure asthma, indigestion, migraines, kidney disease and fatigue. What's more, the seeds, which are edible, are full of antioxidants. Do not wash grapes before storing them as the moisture will cause them to spoil quicker. Rather rinse them thoroughly before use. You can predict the taste of a grape by its colour: white grapes are medium sweet, red grapes are beautifully saccharine and blue-black grapes are the least sweet.





## Grape, onion, beetroot and blue cheese salad

Serves 4 – 6 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS DRESSING

30ml (2 tbsp) olive/avocado oil  
30ml (2 tbsp) balsamic vinegar,  
to drizzle  
1 garlic clove, peeled and crushed  
30ml (2 tbsp) honey  
2cm fresh ginger, peeled and  
finely grated

### SALAD

500g red grapes  
500g white grapes  
1 red onion, peeled and sliced  
into rings  
100g Gorgonzola, cut into cubes  
3 medium beetroots, cooked,  
peeled and sliced  
2 handfuls  
fresh rocket

sesame seeds,  
to garnish

### HOW TO DO IT

- 1 For the dressing, place all of the ingredients in a pot over medium heat and reduce until thick, about 15 – 20 minutes. Allow to cool.
- 2 For the salad, cut 250g each of the red and white grapes in half and seed them, arrange with the whole grapes and remaining salad ingredients on plates.
- 3 Serve the salad drizzled with the dressing and sprinkled with the sesame seeds.

TIP

**FREEZE GRAPES  
AND USE THEM TO  
COOL DRINKS AND  
JUICES WITHOUT  
DILUTING THEM!**





 **FRESH**

**30**  
MINS



## Spicy pork and grape koftas

Serves 4 – 6 as a canapé **EASY**  
30 mins

### THE FLAVOUR COMBINATIONS

500g pork mince  
1 onion, peeled and grated  
5ml (1 tsp) dried chillies, crushed  
2,5ml (½ tsp) garlic powder  
handful fresh coriander, chopped  
+ extra, to garnish  
salt and freshly ground black pepper, to taste  
500g white seedless grapes  
olive oil, to fry

ready-made BBQ sauce, to serve

### HOW TO DO IT

**1** Preheat the oven to 180°C. In a large bowl, mix together the mince, onion, chillies, garlic powder and coriander and season to taste. Thread 3 grapes along a wooden skewer, then cover with the mince mixture to form a sausage shape. Repeat with the remaining grapes and mince and refrigerate to chill, 10 minutes.

**2** Add the oil to a saucepan over medium heat and fry the skewers until browned, 5 minutes on each side. Place them on a baking tray and bake in the oven until cooked through, 20 – 30 minutes. Serve with a side of BBQ sauce and garnished with the extra coriander.



“The grapes are an unexpected sweet surprise when biting into these marvellous meaty morsels.”



## Grape and peach tarte Tatin

Makes 1 (serves 6) **EASY** 35 mins

### THE FLAVOUR COMBINATIONS

3 fresh peaches, pitted and cut  
into 1cm-thick rounds  
500g red grapes, halved + extra,  
kept whole, to serve  
15ml (1 tbsp) fresh thyme,  
finely chopped  
60ml (¼ cup) brown sugar  
400g ready-made puff pastry,  
defrosted  
1 egg, beaten

icing sugar, to dust  
whipped cream, to serve

### HOW TO DO IT

1 Preheat the oven to 190°C.  
In a bowl, mix together the  
peaches, grapes, thyme  
and sugar.

2 Grease a 35cm x 11cm  
oblong baking tin and  
layer in the grape and  
peach mixture.

3 Roll out the puff pastry  
to a 38cm x 13cm  
rectangle and secure  
over the grape mixture,  
tucking in the pastry  
edges along the sides  
of the tin. Brush all  
over the top of the  
pastry with the egg  
wash and bake in the  
oven, 20 – 30 minutes.

4 Invert the tarte onto  
a plate, dust with icing  
sugar and serve with  
whipped cream and  
fresh grapes.





# Fruity TOOTY



SUMMER IS IN FULL SWING AND WE CHOSE OUR FAVOURITE IN-SEASON TROPICAL TREATS, PINEAPPLES AND MANGOES, FOR THESE DISHES TO SWOON OVER

Recipes and styling by  
ILLANIQUE VANASWEGEN  
Photographs by ADEL FERREIRA



## Mango, pineapple and almond lassi

*This Indian-inspired drink is packed with healthy bits and is so refreshing on hot days*

Serves 4 **EASY** 15 mins

### THE FLAVOUR COMBINATIONS

100g blanched almonds, soaked for at least 2 hours  
250g Greek yoghurt  
200g pineapple flesh, chopped  
240g mango flesh, chopped  
125ml (½ cup) milk  
15ml (1 tbsp) honey + extra, to sweeten, if needed  
160g ice  
seeds of 3 cardamom pods

### HOW TO DO IT

1 Place all of the ingredients in a blender and blitz until smooth. Add more honey if you prefer it sweeter.

### COOK'S TIP

If you add 1 banana and remove the cardamom seeds from this recipe, you have a perfect smoothie for the kids' lunchboxes.

## Chargrilled pineapple and mango salad with a masala dressing

*The spiciness of the dressing combined with the sweet, charred fruit is a perfect match*

Serves 4 **EASY** 40 mins

### THE FLAVOUR COMBINATIONS DRESSING

30ml (2 tbsp) olive/avocado oil  
1 small red onion, peeled and chopped  
10ml (2 tsp) garlic, crushed  
15ml (1 tbsp) masala spice, roasted  
230g tomatoes, chopped  
5ml (1 tsp) brown sugar  
160ml warm water  
salt and freshly ground black pepper, to taste

### SALAD

1 large pineapple, peeled and cut into thin rounds  
2 large, firm mangoes, peeled and cut into wedges  
100g roasted cashews  
1 small red onion, peeled and thinly sliced  
1 x 410g tin butter beans, drained

15ml (1 tbsp) sesame seeds, to serve  
handful fresh coriander, to serve

### HOW TO DO IT

1 For the dressing, heat the oil in a saucepan over low-medium heat. Add the onion and gently sauté until soft and translucent, about 10 minutes. Add the garlic and masala and fry, 2 minutes. Add half of the tomatoes, the sugar and water, and let it bubble away, 10 minutes.

2 Stir in the remaining tomatoes and season to taste. Use a hand blender to purée the mixture until smooth then set aside to cool slightly.

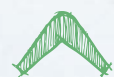
3 For the salad, heat a griddle pan until smoking hot. Chargrill the fruit, 10 – 15 seconds on each side. Divide it among the serving plates and scatter over the nuts, onion and butter beans. Sprinkle over the sesame seeds and, lastly, top with the coriander. Serve with the dressing on the side.

### COOK'S TIPS

Chargrilling fruit is great for adding smoky flavour to a dish. Chargrilled pineapples and mangoes are also delicious with vanilla ice cream and butterscotch sauce as a quick dessert.







## Mango, prawn and bacon salad with a creamy pineapple dressing

The sweet fruit flavours marry really well with the prawns and salty bacon  
Serves 4 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS DRESSING

100g pineapple flesh, chopped  
110g crème fraîche  
15ml (1 tbsp) apple cider vinegar  
30ml (2 tbsp) milk  
15ml (1 tbsp) olive/avocado oil  
5ml (1 tsp) wholegrain mustard  
pinch cayenne pepper  
salt and freshly ground black pepper, to taste

### SALAD

250g streaky bacon  
200g prawns, cooked and shelled  
2 mangoes, peeled and sliced

130g pineapple, chopped  
1 avocado, peeled and diced  
3 handfuls (60g) tender salad leaves

### HOW TO DO IT

- 1 Preheat the oven to 200°C. For the dressing, place all of the ingredients in a food processor and blend until smooth. Season to taste.
- 2 For the salad, place the bacon on a baking tray and grill in the oven until crisp, 8 – 10 minutes. Chop the bacon into bite-size chunks.
- 3 Toss the remaining salad ingredients together with the bacon and serve with a drizzle of the dressing.

### COOK'S TIP

To create an edible bowl to serve the salad in, simply brush a tortilla wrap with some garlic butter. Place in a cake tin that will help shape it into a bowl and bake at 200°C until golden and crisp, 7 – 8 minutes.





✓ Mango, pineapple  
and chilli granita  
(recipe on page 38)





## Mango, pineapple and chilli granita

*The slight hint of chilli in each bite adds a bit of heat without really burning – it's so refreshing against all of the sweet flavours*  
Serves 4 **EASY** 15 mins + 6 hrs, to freeze

### THE FLAVOUR COMBINATIONS

160ml water  
60ml (¼ cup) castor sugar  
200g pineapple flesh, chopped  
240g mango flesh, chopped  
5ml (1 tsp) vanilla extract  
125ml (½ cup) mango juice  
1 small red chilli, seeded and chopped

fresh mint, to garnish

### HOW TO DO IT

- 1 Heat the water and sugar in a saucepan over medium heat until the sugar has dissolved. Remove from heat, add to a food processor with the remaining ingredients and blend until smooth. Allow to cool slightly.
- 2 Pour the mixture into a shallow freezer-friendly container and freeze, at least 6 hours. Remove from freezer and allow to sit, 10 – 15 minutes. Use a fork to scrape and break up the granita until it looks like crushed ice. Serve garnished with fresh mint.

### COOK'S TIP

Go wild with other seasonal fruit-flavoured granitas like blackberry and cherry, papaya and peach, or watermelon and raspberry.

## Coconut and mango jellies with pineapple custard

*Home-made jellies are surprisingly easy to make and so much tastier than the artificially sweetened ones*  
Serves 4 **A LITTLE EFFORT** 1 hr + 2 hrs, to set

### THE FLAVOUR COMBINATIONS

**MANGO JELLY**  
240g mango flesh, chopped

250ml (1 cup) mango juice  
30ml (2 tbsp) cold water  
15ml (1 tbsp) powdered gelatine  
**COCONUT JELLY**  
500ml (2 cups) coconut cream  
1 lemongrass stalk  
20ml (4 tsp) honey  
seeds of ½ vanilla pod  
30ml (2 tbsp) cold water  
15ml (1 tbsp) powdered gelatine

### PINEAPPLE CUSTARD

200g pineapple flesh, chopped  
60ml (¼ cup) water  
250ml (1 cup) ready-made custard  
60ml (¼ cup) fresh cream  
5ml (1 tsp) honey + extra, to sweeten, if needed

### HOW TO DO IT

- 1 For the mango jelly, place the mango flesh and juice in a food processor and blend until smooth. Pour the water into a small bowl and sprinkle the gelatine on top. Stir to combine and let it stand, 5 minutes.
- 2 Place the small bowl of gelatine in a bigger bowl filled with a little warm water. Ensure that the water doesn't run into the bowl with the gelatine – it is only there to act as a heat source to allow the gelatine mixture to melt. Once melted, stir a bit of the mango mixture into the liquid gelatine and then pour it back in with the rest of the mango mixture. Stir to combine.
- 3 Divide the mango mixture evenly between 4 glasses or jars to form the first layer and refrigerate to set, at least 1 hour.
- 4 For the coconut jelly, place the coconut cream in a saucepan. Cut the lemongrass stalk in half lengthways, bruise it with the back of a knife and add it to the coconut cream. Bring to a boil and then remove from heat and cover with the lid to infuse, 30 minutes. Strain and stir in the honey and vanilla seeds.
- 5 Pour the water into a small bowl and then sprinkle the gelatine on top. Stir to combine and then let it stand, 5 minutes. Place the small bowl of gelatine in a bigger bowl filled with a bit of warm water.

Ensure that the water doesn't run into the bowl with the gelatine. Once melted, stir a bit of the coconut mixture into the liquid gelatine and then pour it back in with the rest of the coconut mixture. Stir to combine.

6 Pour the mixture into the glasses with the mango jelly to form the second layer and refrigerate to set, at least 1 hour.

7 For the pineapple custard, place the pineapple and water in a saucepan over medium heat and bring to a simmer. Cook until tender, 10 minutes, then remove from heat and allow to cool, 20 minutes.

8 Add the cooked pineapple, custard, cream and honey to a food processor and blend until smooth. Sweeten with more honey, if needed. Top the jellies with the pineapple custard and serve.









# ALL ABOUT the CHEESE!

WHETHER YOU CHOOSE TO SERVE IT AS A WELCOMING APPETISER, A DECADENT TRAY AT A COCKTAIL PARTY OR AS A LIP-SMACKING DESSERT, A LANCEWOOD CHEESEBOARD IS ALWAYS A WINNER!

**T**he cheeseboard is a classic – any good host knows that guests love to nibble on gorgeous cheeses and snacks.

But, creating the perfect cheeseboard is no mean feat. There aren't any hard and fast rules to creating a beautiful-looking platter, but here's some advice to make sure you're pleasing all palates.

*Our secret ingredient*

Scan this page to reveal the mystery LANCEWOOD product range launching in stores soon and you could win!



Try these amazingly innovative LANCEWOOD Cream Cheese Slices





A cheeseboard should offer guests a variety of style, selection, appearance and flavour. Don't just stick to Cheddar and Gouda (although LANCEWOOD Mature Cheddar should definitely

make an appearance!). Mix it up with a good balance of mild-to-strong flavours, soft-to-hard

textures, colours, shapes and sizes. The point is to make the board look full and indulgent. Add a mix of gorgeous cheeses like the decadently Rich & Creamy LANCEWOOD Feta, tubs

**A winning cheeseboard has a wide selection of soft and hard cheeses, as well as preserves, fruits and dips!**

of LANCEWOOD Plain or Spring Onion & Chives Cream Cheese and the innovative LANCEWOOD Cream Cheese Slices. Last, but not least, throw in a delightful dip like the LANCEWOOD

Balsamic & Onion Dip & Top and your cheeseboard will be the talk of any dinner party. Make

sure you add some delectable canapés and snacks (like the ones we created on these pages) to complement the cheeses on the platter. Serve, eat and enjoy.

*To get the cheese straw and smoked chicken breast pinwheel recipes and tips using LANCEWOOD products, scan this page with the LAYAR app and you could win big!*



*Interact with these pages and you could win one of 10 LANCEWOOD hampers valued at R400 each or a R5 000 grocery-shopping voucher!*

## DIP SWAP

Love this dip? Scan this page for more LANCEWOOD dip options.







VEGAN APPLE,  
CINNAMON AND  
CRANBERRY MUFFINS  
(RECIPE ON PAGE 49)





# *Organic* MECHANIC

FROM BIG-CITY BUSINESSES TO SELF-SUFFICIENT LIVING, LELLO AND LISA INCENDIARIO OF BOCCA DOLCE RESTAURANT AND QUARRY LAKE ESTATE ARE MIMICKING NATURE AND HAVE NEVER FELT BETTER

By KATE LIQUORISH Recipes by LELLO and LISA INCENDIARIO  
Photographs by GRACE HARRISON





**H**olding hands and followed by two adorable Jack Russells, Lello and Lisa Incendiario greet me at the entrance to Quarry Lake Estate – 425 acres of self-sufficient, organic vegan paradise. As they walk towards me, I can't help but think they look a little like something out of a Tommy Hilfiger advert... Let me rephrase that: they look like they live the kind of life that Mr Hilfiger wishes his models did.

After a warm embrace, they ask if we'd like a tour or if we'd prefer a cappuccino and cake at their restaurant, Bocca Dolce, first. Cappuccinos and cake weren't two things I associated

with veganism, I have to say; but this wasn't to be any normal coffee and cake: a freshly roasted, organic soya-milk cappuccino made in Lello's own roastery accompanied by muffins, cakes and tarts that are all dairy- and gluten free – a concept that, to many, including myself, sounded disastrous (dry cereal comes to mind). But, I couldn't have been more wrong: perfectly short and sweet apple crumble, moist and succulent cranberry muffins and a sponge filled with organic preserved fruits from the farm that were the epitome of light and delicate.

Lello and Lisa watch fondly over us devouring the recipes they've spent years perfecting. Between mouthfuls, I ask how long they've been married (they're clearly still very much in love). Lisa smiles and tells me, "Twenty-eight years." But, I can see that Lello is keen to tell the whole story: "I was in the restaurant business

and Lisa phoned me looking for a job. I told her that she should come along for an interview and, when she arrived, I took one look at her and asked her where she'd been for the last 33 years." They both laugh and Lisa adds, "Being a young student, I definitely wasn't looking for marriage, so I was quite taken aback, but I remember being very impressed."

I jokingly ask her if she got the job and she exclaims, "Obviously!" Two weeks after meeting, Lello asked her to marry him. "It was almost instant – what we, in Italian, call a 'thunderbolt' – we just got straight into working together and being together and, five months later, we were married," he says.

They were married for 11 years before having Ilaria and Lorenzo, now 18 and 16 respectively. During this time, they grew from strength to strength, expanding from one business to another: from restaurants





and catering to building and textiles, to becoming landlords and even renovating and then selling houses. Lisa reminisces, "There's never been a dull moment – Lello is like a Duracell Bunny and then there's me, the quieter one." Lello interjects, "She might be the quieter one, but she's my batteries; she's my support and I couldn't have done any of these things without her."

I ask about their transition from big-city business to farming and self-sufficient living in Plett. Lello explains, "Fifteen years ago, I got very ill; something was wrong with my blood. Over a period of 18 months, we spent a fortune going from doctor to doctor, but no one could pinpoint what was wrong with me."

Eventually, Lello went to a naturopath who told him his body was very acidic and prescribed wheatgrass as a possible ➤





## NATURE'S GIFTS

solution. “Amazingly, after six weeks of drinking it, I became my normal self – my body alkalined, I could breathe again and I started living again. I couldn’t believe the change; the wheatgrass was the catalyst that started this amazing journey. I started meditating, I changed my lifestyle, I became a vegetarian and then eventually a vegan... the culmination of that journey was our decision to try and become completely self-sustainable.”

They decided to move to Plett, and Quarry Lake Estate was the first property they saw. “We looked for all the biomes – forests, rivers, valleys, mountains. A third of it was already pastures, because it was an old cattle farm and there was lots of water,” says Lello.

They built their home and the warehouse over the first two years and then started farming. “Lisa had a couple of horses so we had a great source of manure. We then bought the wood chipper and started cutting down the alien vegetation and replanting and, from that, we supplied mulch and compost to the area. It became an industry that just grew beyond our expectations. We started the organic gardens and became known for our organic produce, which we now sell at the Harkerville Saturday and Plett Old Nick Mid-Week markets, Pick n Pay in Plett, Pezula in Knysna and the Knysna Local & Organic Market. A lot of the locals also come to the farm to buy our veggie boxes.”

I ask about their vegan lifestyle and Lello explains, “We advocate that people should do the homework that is necessary to decide what they should and shouldn’t eat – we’re not standing on a little box dictating our beliefs, but conscientising our choices has made such a phenomenal difference to our lives. We’ve become more aware of our bodies and what they need and, subsequently, our health and state of mind have improved.” Lello looks at me and tells me with a big smile, “I was 48 when I started this journey and, at 64, I can honestly say I am naughtier and more active and alive than I was at 40. If nothing else, we urge people to make sensible choices when it comes to the food and drinks they feed their kids.”

I talk to them about the organic fad, the premiums placed on products and the expense of healthy living. “There’s no

doubt that there are a lot of profiteers out there selling organic food at a premium, but we believe in competitive pricing; we supply a good service and we’re not trying to make a fortune. The point of what we do is to introduce people to 100 per cent organic produce, free of poisons, herbicides and chemicals, so that they too can taste and feel the difference.”

I savour the last morsels of my apple crumble before Lello and Lisa invite me on a tour. We visit the vegan-food factory, the woodworking factory, the equestrian centre, the seedling and indigenous-tree propagation unit and, lastly, move over to their unbelievably beautiful organic gardens. They’ve based the gardens on Margaret Roberts’ ‘Companion Planting’ philosophy: “It’s about mimicking nature – we grow our own teas and herbs, use solar lighting and bat boxes and plant trees around the gardens for the birds – all of which help us combat the insects day and night. Obviously, some of the produce is taken, but it’s not much because there’s a balance,” says Lello.

I ask about the people who work there and Lisa replies, “We now employ 24 people from the community. Some people think we’re crazy and we have to multitask a lot, but everything has an

amazing synergy here. We also support community development in the form of six-week courses, where we take in six to eight locals and provide them with the necessary tools and know-how to become completely self-sufficient.” Lello and Lisa have also just received permission to build six chalets and a wellness centre, which is their next passion project. I have to stand back and think for a second as I absorb all that I’ve seen and heard... “Aren’t you exhausted?” I ask. Lello looks at me earnestly and says, “Life isn’t easy – you need to make it good: your lifestyle, your children, your marriage... If you don’t give up and you make the effort, you can only succeed.”

I laugh and agree that they certainly are making the effort. Lello puts his arm around Lisa as they look over all they’ve created and simply says, “Yes, the future looks very rosy for us.” They walk me to my car and I say my reluctant goodbyes before slowly driving away. Lello waves and hollers, “When you next want a break from the big city, there’s a little cottage waiting here for you.” I just might take him up on the offer.

**Bocca Dolce Coffee Shop at Quarry Lake Estate, Stofpad, Witterdrift, Plettenberg Bay; 083 425 6820; [lello@living-foods.co.za](mailto:lello@living-foods.co.za)**





“We’ve become more aware of our bodies and what they need and, subsequently, our health and state of mind have improved.”



## Raw vegan pickled aubergine (melanzane sott'olio)

Serves 4 **EASY** 4 hrs + 3 days, to pickle

### THE FLAVOUR COMBINATIONS

**8 medium-sized aubergines, peeled and cut into thin strips**

**500ml (2 cups) apple cider vinegar**

**400ml extra virgin olive oil + 200ml extra, to cover**

**2 garlic cloves, peeled and minced**

**1 – 2 bay leaves, crushed + 1 extra, kept whole**

**salt and freshly ground black pepper, to taste**

**5ml (1 tsp) fresh oregano, chopped (optional)**

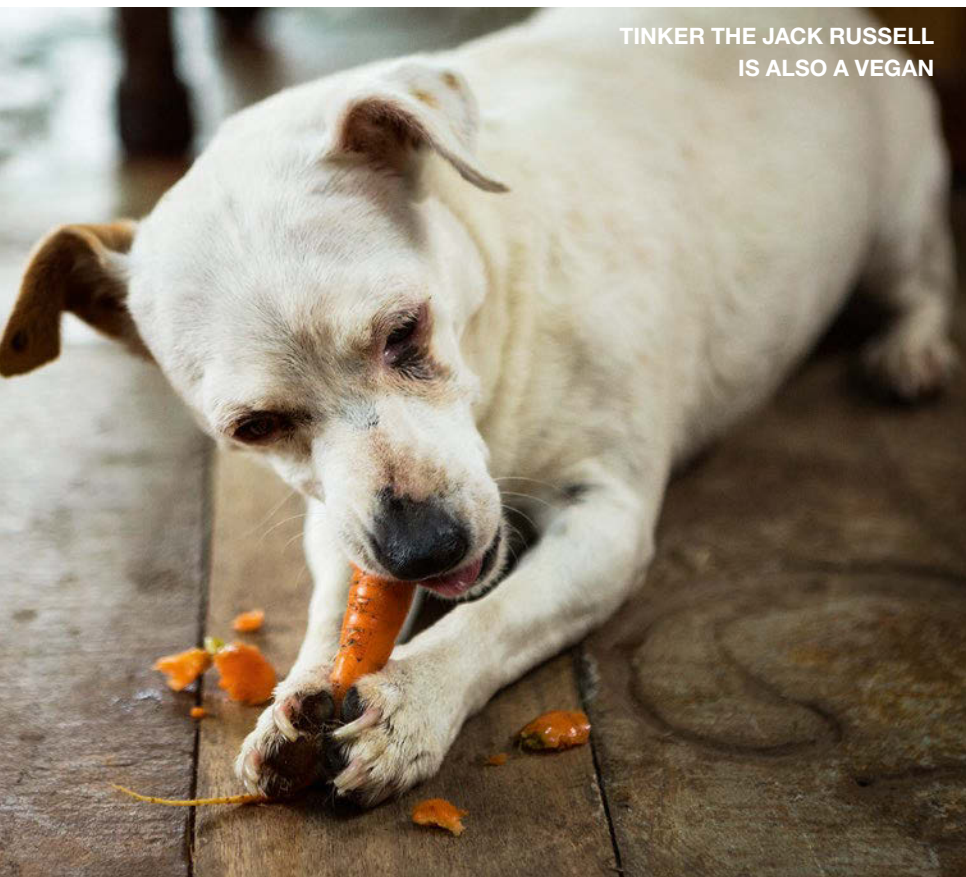
### HOW TO DO IT

**1** Place the aubergine strips in the vinegar (the vinegar should just cover the aubergines), cover with cling film and refrigerate to soak, 3 – 4 hours.

**2** Strain the aubergines, squeezing out all of the vinegar carefully.

**3** Toss the aubergines in the 400ml olive oil, garlic and crushed bay leaves, and season to taste. Add the oregano for extra flavour, if desired. Place in a sterilised jar, cover with the 200ml olive oil and top with a bay leaf. Put the lid on and refrigerate. Try to wait about 3 days before digging in, to let the aubergine pickle. It will keep for 4 – 6 weeks in the fridge.

TINKER THE JACK RUSSELL  
IS ALSO A VEGAN







## Vegan Asian wraps with fresh sprouts and crispy soya prawns

Serves 6 **EASY** 30 mins

### THE FLAVOUR COMBINATIONS

1 packet Vietnamese rice wraps

### ASIAN SAUCE

250ml (1 cup) vegan mayo/PnP No Name Reduced Oil Salad Dressing  
30ml (2 tbsp) Kikkoman Less Sodium Soya Sauce  
45ml (3 tbsp) vegetarian oyster sauce

### FILLING

1 packet Fry's Meat Free Crispy Prawns  
olive oil, to fry  
1 red pepper, thinly sliced  
1 yellow pepper, thinly sliced  
1 green pepper, thinly sliced  
large handful freshly sprouted mung beans  
large handful fresh alfalfa sprouts  
½ fresh cucumber, cored and thinly sliced  
3 medium spring onions, chopped  
1 pack (100g) baby-leaf mixed lettuce  
1 avocado, sliced and drizzled with lemon juice  
50g black sesame seeds, roasted  
50g white sesame seeds, roasted

small handful edible flowers, to serve

### HOW TO DO IT

1 In a bowl of warm water, submerge a Vietnamese rice wrap – it will curl up right away. Lift it out of the water, turn it over and place back in the warm water. Wait for the wrap to be just soft, remove and lay it out on a wooden cutting board. Use a clean tea towel to dab the excess water off. Repeat with the remaining rice wraps.

2 For the Asian sauce, mix all of the ingredients together.

3 For the filling, crisp up the prawns in a non-stick pan in a bit of olive oil. This happens very quickly so don't let them overcook. Set aside on paper towel.

4 Now, have fun making your wraps using the filling ingredients. Make sure you work on the one side of the wrap, not too close to the edges, so that you can fold the front side over your ingredients. Pull the two sides in, then wrap closed. Drizzle over some Asian sauce when you are done, serve with the edible flowers and enjoy!

## Vegan spinach gnocchi served with sage vegan 'butter'

Serves 6 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

300g spinach  
1kg potatoes, boiled, steamed or baked in their skins until soft  
250g cake flour, sifted + extra, to dust  
5ml (1 tsp) salt

### SAGE 'BUTTER'

200g Bocca Dolce's Vegan Buttah (visit [foodandhome.co.za](http://foodandhome.co.za) for recipe)/  
Sunshine D Margarine  
generous handful fresh sage leaves, stripped and washed  
salt, to taste

### HOW TO DO IT

1 Boil the spinach, about 6 minutes. Remove from heat and allow to cool

before squeezing out all the water. Mince very finely.

2 Peel the freshly boiled, steamed or baked potatoes. Use a potato ricer to finely mash the potato flesh, then add the spinach and mix well. Using your hands (you can use rubber gloves – the potatoes are hot!), work the flour and salt into the potato mixture until combined.

3 Roll pieces of the dough into 'eel-like' cylinders, about 1,5cm in diameter. Cut the cylinders into gnocchi, about 2cm long, and press each one lightly with a fork to make grooves for the sauce. Place on well-floured tea towels so they do not stick.

4 Place a pot of salted water over high heat. While you wait for the water to boil, start with the sage 'butter'. Place the buttah or margarine in a non-stick saucepan over medium heat and melt. Add the sage leaves and fry until they start to crisp up. Season to taste. Remove from heat and set aside. Try to time this well so you don't overcook the leaves and blacken the buttah or margarine too much.

5 Cook the gnocchi in the boiling salted water – they are ready when they float to the surface. Add more as you scoop out the cooked ones, but be careful not to put too many in at once. Serve drizzled with the sage 'butter'.







## NATURE'S GIFTS



40 mins

### Vegan chickpea and spinach burgers with red onion chutney

Serves 6 – 8 **EASY** 40 mins + 8 hrs 50 mins, to soak and cook dry chickpeas

#### THE FLAVOUR COMBINATIONS

##### PATTIES

250g dry, uncooked chickpeas/  
325g cooked chickpeas  
pinch salt (if using dry, uncooked chickpeas)  
2 large potatoes, peeled and steamed or boiled  
45ml (3 tbsp) sunflower seeds  
15ml (1 tbsp) sesame seeds  
2 large garlic cloves, peeled and minced  
125g red pepper, diced  
1 jalapeño, seeded and diced (optional)  
60ml (¼ cup) red onion, peeled and diced  
1 small carrot, grated  
60ml (¼ cup) fresh parsley, minced  
15ml (1 tbsp) salt  
330g rice, cooked  
60g dried breadcrumbs + extra, as needed  
5ml (1 tsp) ground flax  
red pepper flakes, to taste  
oil, to brush

#### TO SERVE

vegan rolls  
salad  
potato wedges  
red onion chutney

#### HOW TO DO IT

- 1 If using dry, uncooked chickpeas, soak them in a large bowl filled with water, at least 8 hours or overnight. Drain and rinse the chickpeas and place in a medium-sized pot with 750ml (3 cups) fresh water. Cover with a lid and bring to a boil. Add a pinch of salt, cover again and simmer over low-medium heat, about 50 minutes, watching carefully after about 35 – 40 minutes. When cooked, the chickpeas will be tender and some may have split open. Drain and rinse.
- 2 Preheat the oven to 150°C. Mash the steamed or boiled potatoes and set aside.
- 3 Place the sunflower and sesame seeds in a baking tray and toast in the oven until lightly golden in colour, about 12 minutes. Set aside.
- 4 Combine the garlic with all of the chopped vegetables and the parsley, stir in half of the salt and set aside.
- 5 Mash the chickpeas and rice very well with a potato masher, leaving some chunks for texture. You can also pulse them in a food processor.
- 6 Preheat a large skillet over medium-

high heat. With a wooden spoon, stir the chopped vegetables into the mashed chickpea/rice mixture. Add the potatoes, then stir in the seeds, breadcrumbs and ground flax. Add the remaining salt and the red pepper flakes to taste.

7 Shape 4 – 8 patties from the mixture, packing the dough together tightly. Spray or brush your preheated skillet with a little oil and cook the patties until browned and firm, 4 – 5 minutes each side (time will vary based on your temperature).

8 Serve the patties in vegan rolls with a side of salad, potato wedges and red onion chutney.

#### COOK'S TIP

You can also try grilling the patties: pre-bake them at 180°C for 15 minutes, before grilling to brown.

### Vegan apple, cinnamon and cranberry muffins

Serves 6 **EASY** 45 mins

#### THE FLAVOUR COMBINATIONS

500g stone-ground cake flour  
20ml (4 tsp) baking powder  
15ml (1 tbsp) cinnamon  
1,25ml (¼ tsp) Himalayan salt  
220g brown sugar  
250ml (1 cup) soya milk  
125ml (½ cup) vegetable oil  
2 medium ripe bananas  
2 Granny Smith apples, grated  
125g unsweetened dried cranberries  
almond flakes, to top

#### HOW TO DO IT

- 1 Preheat the oven to 180°C and mix all of the dry ingredients together.
- 2 In a blender, blitz the soya milk and oil together, then add the bananas and blend until smooth.
- 3 Add the dry ingredients to the wet ingredients and blend together thoroughly.
- 4 Finally, fold in the grated apple and dried cranberries. The mixture should be of a nice doughy consistency and not too runny. Pour into cupcake holders or a greased muffin pan and top with some almond flakes. Bake in the oven until a skewer comes out clean, 25 minutes.





## NATURE'S GIFTS

### Vegan apple strudel

*A rich, creamy and flaky pastry crust, apples, sugar and accents of cinnamon define this simply delicious dessert*  
Serves 12 **EASY** 1 hr + 2 – 3 hrs, to chill



#### THE FLAVOUR COMBINATIONS DOUGH

250ml (1 cup) coconut cream  
25ml apple cider vinegar  
720g all-purpose gluten-free flour  
10ml (2 tsp) vegan baking powder (Moir's or Royal)  
1,25ml (¼ tsp) fine sea salt  
250g Bocca Dolce's Vegan Buttah (visit [foodandhome.co.za](http://foodandhome.co.za) for recipe)/Sunshine D Margarine, chilled and cut into 0,5cm pieces  
icing sugar, to dust  
80g unsalted Bocca Dolce's Vegan Buttah (visit [foodandhome.co.za](http://foodandhome.co.za) for recipe)/Sunshine D Margarine, melted, to roll and baste

#### FILLING

60g Bocca Dolce's Vegan Buttah (visit [foodandhome.co.za](http://foodandhome.co.za) for recipe)/Sunshine D Margarine, melted

+ extra, to baste  
220g brown sugar  
1,25ml (¼ tsp) fine salt  
7,5ml (1½ tsp) cinnamon + extra, to sprinkle (optional)  
splash lemon juice + extra, to drizzle  
5 Granny Smith/firm green apples, peeled, cored and cut into eight wedges, then cut crossways into chunks and drizzled with lemon juice  
large handful unsalted walnuts (optional)  
large handful raisins (optional)

flaked almonds, to serve

#### HOW TO DO IT

- 1 For the dough, add the coconut cream and vinegar to a small pot over medium heat and allow to thicken, stirring occasionally, 10 – 15 minutes.
- 2 In the large bowl of a food processor, using the standard blade, pulse all of the dry ingredients together. Add the 250g buttah or margarine and mix into the flour until a coarse meal forms. Add the cream mixture and blitz to combine.
- 3 Line a silicone mat with a 40cm x 30cm sheet of greaseproof paper and dust with the icing sugar. Place the dough on the paper and top with another sheet of

greaseproof paper. Roll the dough out to approximately 38cm x 30cm. Refrigerate to chill, 2 – 3 hours. While you are waiting, prepare the filling.

- 4 For the filling, heat the buttah or margarine, sugar, salt, cinnamon and lemon juice in a non-stick saucepan over low heat, and stir until melted. Add the sliced apples and sauté until half cooked. Remove from heat and allow to cool.
- 5 On a silicone mat, dust a large 40cm x 40cm sheet of greaseproof paper with icing sugar. Transfer the chilled dough to the paper. Baste the top with melted buttah or margarine. Cut in half lengthways and stack the dough halves on top of one another. Dust with icing sugar and top with another sheet of greaseproof paper. Roll out the dough to about 40cm x 40cm, rotating the top sheet of paper as required. Refrigerate while you prepare to assemble, but not for long. Preheat the oven to 200°C.
- 6 To assemble the strudel, place the filling along the centre of the dough to cover almost half of its width. Sprinkle with additional cinnamon, if desired, and add the nuts and raisins, if desired.
- 7 Using the greaseproof paper, roll up one side to the centre of the filling then bring over the other side. Pinch the seam and smooth. Trim the ends to even out and remove excess dough, leaving enough to fold and close. Set aside the trimmings. Turn the edges upwards and smooth with your fingers to seal. Patch up any cracks with the dough trimmings.
- 8 Baste the top with the remaining melted buttah or margarine. Make 6 – 12 slits across the width of the top of the strudel. This prevents the crust from softening due to steam and prevents the dough from bursting and the filling from leaking out. Bake in the oven, 25 minutes, then increase the temperature to 220°C and bake for a further 15 minutes. Right at the end of your cooking time, switch the grill on and brown the top until lightly golden.
- 9 Remove from oven and allow to cool, about 20 minutes. Slice and serve nice and hot, sprinkled with almond flakes and dusted with icing sugar.

#### COOK'S TIPS

To freeze, wrap the strudel tightly in cling film and insert into a freezer bag. Close the freezer bag but leave a tiny spot open and place a straw part-way in the bag. Seal the surrounding areas with your fingers. Suck out all the excess air from the bag, then seal closed.





# WIN

# COMPETITION

ONE LUCKY READER CAN WIN A  
**SIX-NIGHT LUXURIOUS  
SEASIDE GETAWAY FOR TWO**  
**WORTH R27 000!**

## Seaside indulgence

**S**outh Beach Camps Bay is designed for the discerning guest seeking an alternative to a five-star hotel, with the comfort, convenience and privacy of self-catering, luxury, contemporary accommodation.

Consisting of nine sea-facing one-bedroom apartments, offering the best in technological amenities, local and international guests are blown away by this first-class offering.

Within easy walking distance to some of the best restaurants, bars and world-renowned Camps Bay beach, it will take your idea of self-catering to new heights and make South Beach Camps Bay one

of the most desirable destinations in 2015.

Designed in conjunction with Greg Wright, a highly respected Cape Town architect, and with an exclusive art collection featuring works by well-known South African artist Lionel Smit, South Beach Camps Bay epitomises modern-day comfort with a hint of affluent Miami-style living.

For more information visit [blueviews.com](http://blueviews.com)

### The prize

A six-night stay for two at South Beach Camps Bay worth R27 000!

### To enter

SMS 'BLUEVIEWS' followed by your name, ID number and postal address to 48405. Each SMS costs R1,50 and free SMSs do not apply. Competition closes on 31 January 2015. The prize cannot be transferred to cash. Valid for one year, subject to availability for two people. Not valid over peak season. Go to [foodandhome.co.za](http://foodandhome.co.za) for terms and conditions.





# Nostalgia ON A PLATE



A VISIT TO OAKHURST, WHERE CAPE TOWN CHEF QUENTIN SPICKERNELL IS SERVING UP LOCAL DISHES WITH PRIDE, PROVES THAT AN APPETITE FOR HISTORY AND HONEST FARE IS ALIVE AND WELL

By DIANA WEMYSS

Recipes by QUENTIN SPICKERNELL  
Photographs by MICHAEL LE GRANGE

**W**hen chef Quentin Spickernell stumbled upon a perfectly preserved old barn and wine cellar behind a hedge of sand olives off Hout Bay Main Road, he knew he had discovered the perfect venue for a unique and truly authentic South African restaurant.

Quentin at Oakhurst has become an instant magnet for locals and tourists alike, who relish the traditional cuisine and museum-like atmosphere. It is a restaurant like no other, mixing visual and culinary feasts with a strongly nostalgic mood.

The ancient and historic barn and cellar were once the productive hub of Oakhurst Farm, home to generations of the Dorman family who pioneered the fishing industry and winemaking in this beautiful wooded valley, nestled in the lee of Table Mountain.

What Quentin found was a time capsule of ploughs, pitchforks, hoes, wagon wheels, saws, an anvil and old wine vats, dusty and rusting, left just as they were when the last cows were herded into the barn to be milked and the last bushels of grapes were brought up from the surrounding vineyards to be crushed.

Quentin has gently nudged all this detritus of history and farm life into fine shape with the added sparkle of modern crystal chandeliers and smooth, white, linen tablecloths and enormous bowls





At dinner you sit on high-backed oak chairs, which came from a girls' school in Caledon, and pour your chutney from a bottle of Mrs Ball's, plonked with panache on the linen tablecloth. It is what Quentin is proud to call "thoroughly and nostalgically South African".

"Why do we all want to live in Tuscan villas and eat pasta? We are so ensconced in everything Eurocentric – cars, clothes and particularly food," he says.

Visitors today might not be arriving on our shores half dead from starvation and disease as they did in the 17th, 18th and 19th centuries but, Quentin says, we need to recapture that healing, revitalising, restorative touch; the warmth and hospitality for which the Cape was so renowned.

"Food wise we have franchised out," he says, "and all the independents are into exotic food from Thailand, France, Italy, Greece. That is not to say we should not assimilate ideas from all over the world – this is already written in the DNA of our culinary history – but we do need to keep an eye on what is local.

"I am an enemy of Norwegian salmon," he says. "Why fly fish in from 10 000km away when it's in abundance at the bottom of Hout Bay Main Road?" ➤

of long-stemmed roses grown over the hill at Chart Farm.

Here, you can sip a pre-dinner cocktail at the bar made from the careful stacking of old wine-barrel staves, where walls are plastered with hand-coloured travel posters – think Union-Castle and two restful weeks at sea. Metal advertising signs for tea and soap adorn the walls of the wine cellar and a collection of period Africana-print art depicting a rich tapestry of our history are beautifully displayed. Periodical covers illustrate the exploits of the likes of Rhodes and Kitchener.





Quentin opened The Peninsula with John Jackson and, way back in the 1990s, decided to launch his own catering company. First day out on his own: a clear diary and just beginning to think he had made a huge mistake, he got a call from Sol Kerzner who has an estate across the valley at Klein Leeukoppie.

"Sol asked if I could do a lunch the next day for 200 people, and I, nonchalantly, said that I could," says Quentin. "Well, I was up cooking all night. I went on to cook for Sol for the next 16 years."

Spells at Kronendal, where he had an intimate little restaurant behind the main building, and Dunes on the Hout Bay River followed. He saw an amazing opportunity to go local when he found the quietly preserved old barn.

"There is a story here; history is on the walls," he says. "People who come in here want a tour. Where did that come from, where did you find that? We have an open wood fire where we cook as many of the dishes as possible – bread, baby chickens and briedies. Our lamb neck and oxtail are left in peace overnight to entice the last of the dying embers – slow food made with less stress."

"We do small-batch scratch cooking. We don't do science-fiction food. No food is nuked, we don't do foam or contort the food and try and balance things on top of each other and glue things together with glazes. I believe that the less you do with food, the more often you deliver the finest results. The best dishes are the simplest."

And the taste of his dishes confirms this maxim. The linefish, with its crusty hazelnut topping, softly flakes under your fork, the warm flesh mixing with the gentle flavours of citrus and sweetness from the tiny roasted cherry tomatoes. Quentin loves innovation, mixing tastes of papaya and pomegranate with his tuna carpaccio. His honeybush and buchu sorbet – can you get any more South African than that? – is a palate-cleansing crunch of such delicious flavours that you want to devour it before it too quickly melts in your mouth.

**Quentin at Oakhurst, Main Road, Hout Bay; 021-790-4888. Open for lunch and dinner, Wednesday – Sunday; and for breakfast, Saturday and Sunday.**



For a dairy-free option, use olive oil instead of butter for the sauce.



## Quentin's crusted linefish

*The crust helps to protect the flesh of the fish during the cooking process, almost like a blanket. The flesh maintains good moisture retention and the contrast between the crunchy crust and the soft, translucent flakes of fish spiked with the lemon and the fragrance of the fresh thyme is simply sublime*  
Serves 4 **EASY** 30 – 35 mins

### THE FLAVOUR COMBINATIONS

**small bushel fresh lemon thyme/  
normal thyme, stripped from stem  
5ml (1 tsp) cracked fennel seeds  
(optional)  
sprig fresh parsley  
zest and juice of 1 large lemon  
100g hazelnuts + extra,  
to garnish  
4 slices fresh bread, blended  
to crumb  
salt and freshly ground black  
pepper, to taste  
4 x 250g – 280g sustainable white  
linefish, skinned and deboned  
handful Rosa tomatoes, halved  
olive oil, to sear**

**2 handfuls baby English spinach  
30g butter**

### HOW TO DO IT

- 1** Preheat the oven to 170°C. Coarsely chop the thyme, fennel seeds (if desired), parsley, lemon zest and hazelnuts, and run these ingredients through the breadcrumbs by hand. Season to taste.
- 2** Pat the fish fillets dry then loosely pack the crumble onto the fish. Do not pat it down. Roast the fish in the oven, 12 – 15 minutes depending on their thickness. Remove from oven.
- 3** In a pan over high heat, sear the Rosa tomatoes in a little olive oil. Add the spinach and allow it to wilt down. Season with salt and pepper.
- 4** Remove the fish from the roasting pan, drop in the butter and allow to melt, 1 minute. Add the lemon juice and swirl, scraping the pan residue into the sauce.
- 5** To serve, add some spinach and tomato mix to each plate. Top with the fish and sprinkle the lemon butter around it. (Do not pour the juices over the fish as the crumble will become soggy.) Garnish with hazelnuts.



## Sol's lamb curry

Serve 8 – 10 **EASY** 3 hrs

### THE FLAVOUR COMBINATIONS

3 large onions, peeled and sliced  
45ml (3 tbsp) sunflower oil  
100g leaf masala  
2kg lamb shin, sliced  
1 x 400g tin whole peeled tomatoes  
30ml (2 tbsp) cardamom seeds  
8 star anise  
3 cinnamon sticks  
6 bay leaves  
20 curry leaves  
1 x 400ml tin coconut cream + the same volume of water  
½ bunch fresh coriander, chopped

+ extra, to garnish  
30ml (2 tbsp) fresh ginger, chopped  
30ml (2 tbsp) garlic, peeled and chopped  
5ml (1 tsp) chilli, chopped (optional)

cooked basmati rice, to serve  
grated coconut, to garnish

### HOW TO DO IT

**1** In a heavy saucepan over medium heat, sauté the onions in the oil until soft and golden brown. Add the masala and braise further to toast the spice. Add the meat and continue to braise, ensuring the bottom of the pot is scraped regularly. Do so until the

meat is well coated by the spice, about 10 minutes.

**2** Add the tomatoes and break up with the back of a spoon, then stir in the remaining spices, bay leaves and curry leaves. Add the coconut cream and the additional equivalent measure of water and simmer gently with the lid on, stirring regularly, about 2 hours and 30 minutes.

**3** Check to see if the meat is suitably soft on the bone before adding the coriander, ginger, garlic and chilli, if desired. Simmer for a final 15 minutes. Serve hot with rice and garnished with fresh coriander and grated coconut.



“This curry is particularly special to Mr Kerzner, as it has been tweaked to his personal taste – a taste rooted in his historical background as the foremost hotelier in Durban.”



### Rose and pistachio frozen nougat

Serves 6 – 8 **EASY** 30 mins + 4 hrs or overnight, to freeze

#### THE FLAVOUR COMBINATIONS

melted butter/sunflower oil, to brush  
3 egg whites  
110g castor sugar  
200ml fresh cream  
rose water, to taste  
75g Turkish apricots, chopped  
75g pistachio nuts, roasted and chopped + extra, to garnish  
2,5ml (½ tsp) grapefruit zest + extra, to garnish  
100g fresh dates, pitted and chopped

#### GARNISH

handful pomegranate seeds  
small handful fresh mint leaves  
icing sugar, to dust

#### HOW TO DO IT

1 Line a 22cm x 8cm loaf tin with heavy-duty foil and brush lightly with some melted butter or sunflower oil. Line the container with non-stick baking paper (this goes over the foil – so it is, in fact, a double lining) and leave a lip of paper hanging over the edges all around.

2 Place the egg whites and castor sugar in a heatproof bowl that fits snugly over a pot of gently simmering water (don't let the bottom of the bowl touch the water). Using an electric hand-held whisk or beater, whisk on a low speed until the mixture has reached 65°C on a sugar thermometer.

3 Tip the egg-white mixture into the bowl of an electric mixer with a whisk attachment and mix on high speed, 3 minutes. Reduce the speed to medium and keep whisking for a further 3 minutes. Reduce again to the slowest speed and whisk for a final 3 minutes or until the mixture reaches room temperature and looks thick and glossy.

4 In a separate bowl, whip the cream to soft peaks. Fold the whipped cream into the meringue, add a few drops of rose water to taste and fold in the fruit and nuts carefully.

5 Pour the mixture into the prepared loaf tin, smoothing the top so it's level, and cover with cling film. Place in the freezer for a minimum of 4 hours, but preferably overnight, until firm.

6 Just before serving, tip the frozen nougat out of the loaf container and remove the baking paper. Using a sharp knife, cut into thick slices and serve immediately garnished with pomegranate seeds, mint leaves, pistachio nuts, grapefruit zest and dusted with icing sugar.



“It may help to chill your serving plates beforehand as this means the nougat won't melt as quickly when served.”





# ASIAN PERSUASION

THESE SALMON BURGERS HAVE A ZINGY ASIAN FLAVOUR AND ARE DELICIOUS WITH THE CONTRASTING TOASTED BUNS AND CRUNCHY GREENS. BREVILLE'S CONTROL GRIP IMMERSION BLENDER REQUIRES A NATURAL HAND POSITION, MAKING IT SUPER-EASY TO CONTROL

Recipe and styling by SAM LINSELL Photographs by WARREN HEATH

## Salmon burgers with dressed crispy greens

Makes 4 burgers **EASY**  
25 mins



### THE FLAVOUR COMBINATIONS BURGERS

500g fresh salmon, skin removed and pin-boned  
2 – 3 spring onions  
15ml (1 tbsp) lemon juice  
15ml (1 tbsp) mayonnaise  
5ml (1 tsp) Dijon mustard  
5ml (1 tsp) wasabi paste  
small bunch fresh coriander  
5ml (1 tsp) fish sauce  
30ml (2 tbsp) panko/white breadcrumbs

### DRESSING

30ml (2 tbsp) lemon juice  
30ml (2 tbsp) lime juice  
30ml (2 tbsp) rice vinegar  
5ml (1 tsp) sugar

### CRISPY GREENS

handful red or white cabbage, finely shredded  
handful fresh rocket  
handful fresh coriander  
½ cucumber, cut into ribbons

### TO SERVE

4 ciabatta rolls, buttered  
wasabi mayo, to spread (see Cook's Tip)  
lime wedges

### HOW TO DO IT

1 For the burgers, place a third of the salmon and the remaining ingredients in Breville's Control Grip Immersion Blender, with the chopper attachment,

and blend to a thick paste.

2 Chop the remaining salmon into very small dice and mix into the paste.

3 Dampen your hands and mould the salmon mix into 4 patties. Place on a lined tray, cover and refrigerate until firm. These can be made a day in advance.

4 For the dressing, mix all of the ingredients together until the sugar has dissolved. Toss the crispy greens in the dressing, keeping the cucumber ribbons separate.

5 Heat the Breville Healthsmart Grill & Press to 'Sandwich' and toast the buns on the cut side until golden brown. Set aside.

6 Turn the grill to 'Sear' and, when ready, add the patties, adjusting the lid to rest gently down on them without squashing them. Cook for 4 minutes for slightly rare, 5 minutes if you prefer them cooked through. You may want to flip them towards the end of the cooking time if the top side is not brown enough.

7 To assemble, spread wasabi mayonnaise on the toasted roll, then layer with cucumber ribbons and a salmon patty. Top with the remaining greens and serve open with the top bun on the side. Garnish with lime wedges.

### COOK'S TIP

To make wasabi-flavoured mayonnaise, simply add 10ml (2 tsp) wasabi paste – depending how hot you like it – to 120ml good-quality mayonnaise.

Breville kitchen appliances are available exclusively from @home stores. 0860 66 66 74 | [home.co.za](http://home.co.za)



“Breville Healthsmart Grill & Press's different settings are so useful as the lower settings reduce the weight on more delicate foods.”





# Subscribe to FOOD&HOME ENTERTAINING

or renew your subscription now and get an extra subscription to our sister magazine,

## SOUTH AFRICAN GARDEN AND HOME

TAKE ADVANTAGE OF OUR  
SPECIAL FRESH-START OFFER

New Year resolutions? Make *F&HE* one of them! The best way to ensure you never miss a single copy of your much-loved foodie magazine is to subscribe – as an added bonus, you will receive free early delivery of each issue every month.

*F&HE* is packed with on-trend recipes and ideas, plus there are always loads of prizes to be won. By taking out a subscription to *F&HE*, or renewing an existing one, you'll also receive an extra subscription to our equally fabulous sister magazine, *Garden and Home*, to send to the person of your choice.



Loving this issue of *F&HE*? Send the digital version to a friend! Simply scan this page using LAYAR, enter their details and the first 50 people to do so will win a FREE digital January issue for a fellow foodie.



### SUBSCRIBING IS EASY

- Call 011-473-8700, fax 086 756 6371, email [foodandhomesubs@RNAD.co.za](mailto:foodandhomesubs@RNAD.co.za) or subscribe online at [foodandhome.co.za](http://foodandhome.co.za) or [subs.RNAD.co.za](http://subs.RNAD.co.za).
- Make your cheque out to RNA Subs and post it to *Food & Home Entertaining Subs*, Freepost JHZ1135, PO Box 725, Maraisburg 1700 (no stamp required).
- EFT/direct deposit payable to RNA Subs; branch FNB Trade Services 657; account 62104927259; reference: surname and subs number OR surname and cell number. Please fax proof of payment with address to 086 756 6371.
- SMS the words CAXTON FH to 33115 (SMS costs R1,50).

- This offer is valid until 31 January 2015.
- Twenty-four-month subscriptions can be paid once off or via monthly debit order. No price increase for two years on 24-month subscriptions.
- Offer is valid for South African residents only. For foreign subscriptions call (+27) 11-473-8700.
- Please allow time for processing and delivery.
- Cancellation with refund value will incur an administration fee of R15.
- Six-month and digital subscriptions are not eligible for prizes.
- This offer is valid for hard-copy subscriptions only.
- For digital subscriptions, please log on to [subs.RNAD.co.za](http://subs.RNAD.co.za).



PARTY ON A PLATE



# Trendy Treats

THE LUSH AND DELICIOUS LANCEWOOD RANGE INSPIRED US TO GET CREATIVE, AND THE RESULTS WERE SIMPLY SUBLIME! KICKSTART 2015 WITH THESE WOW-FACTOR GOODIES

Recipes and styling by THULISA MARTINS  
Assisted by NOMVUSELELO MNCUBE  
Photographs by DYLAN SWART

Props courtesy of Isabelina, Entrepo and Woolworths. See stockists' directory on page 125 for details.

BROUGHT TO YOU BY

**LANCEWOOD** Choosy about cheese™





## PARTY ON A PLATE

### Mini savoury cultured cream flapjack cups topped with pulled pork and apple slaw

*Don't be fooled by the time it takes to prepare these, as the cups and pulled pork can be made a day in advance and assembled on the day*

Serves 4 – 6 **EASY** 2 hrs 35 mins

#### THE FLAVOUR COMBINATIONS

##### FLAPJACK CUPS

**250g LANCEWOOD Cultured Cream**  
2 eggs, beaten  
**500g cake flour, sifted**  
**450ml full-cream milk**  
salt and freshly ground black pepper, to taste

##### PULLED PORK

**1kg boneless pork shoulder**  
**5ml (1 tsp) ground cumin**  
**10ml (2 tsp) ground coriander**  
salt and freshly ground black pepper, to taste  
**45ml (3 tbsp) vegetable oil**  
**500ml (2 cups) vegetable stock**  
**1 x 400g tin whole peeled tomatoes**

##### APPLE SLAW

**4 Granny Smith apples,**  
seeded and cut into matchsticks  
**10ml (2 tsp) Dijon mustard**  
salt and freshly ground black pepper, to taste  
**125ml (½ cup) LANCEWOOD Plain Yoghurt**

fresh thyme sprigs, to serve

#### HOW TO DO IT

**1** For the flapjack cups, blend all of the ingredients together in a food processor until combined. The dough might have a few lumps remaining from the cultured cream.

**2** Heat a non-stick frying pan (without using oil) over medium-high heat, spoon 80ml (⅓ cup) batter rounds into the pan and fry until bubbles show on top of the flapjacks, 3 minutes. Flip over and fry for a further 2 minutes until



Scan this page with  
**LAYAR** to see how our  
food ed assembles these  
scrumptious flapjack cups  
and you could win your  
share of R9 000 in prizes  
from LANCEWOOD.







## BERRY MISU

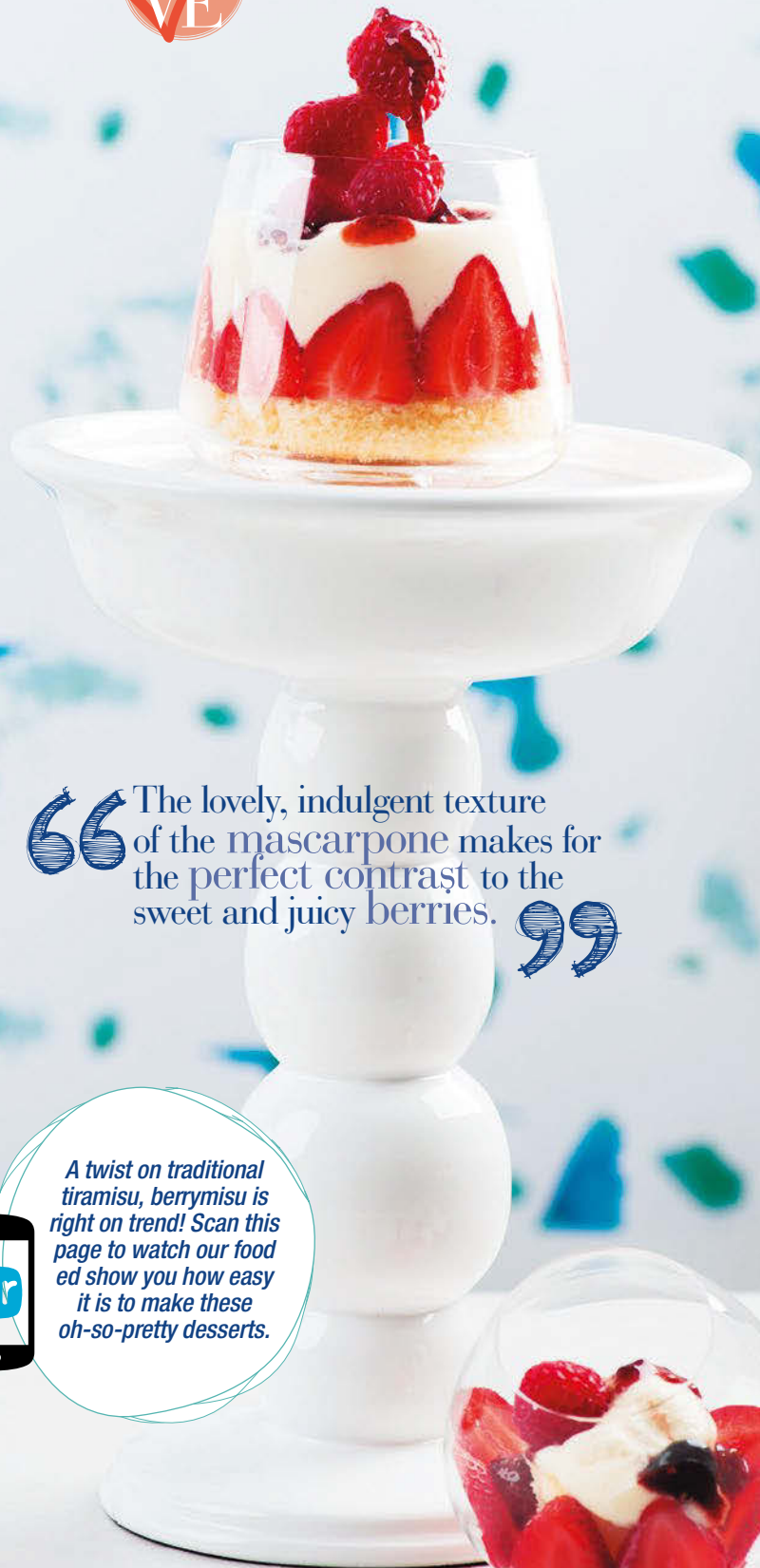


cooked. Preheat the oven grill. Push the flapjacks into muffin-tray cups that have been coated with cooking spray and place under the grill until golden brown, 5 – 8 minutes. Set aside. Preheat the oven to 180°C.

3 For the pulled pork, rub the meat with the spices and season to taste. Add the oil to a pan over high heat and brown the meat on all sides, 10 minutes. Place in a roasting pan, cover with the stock and tomatoes and cook in the oven, covered with foil, 1 – 1½ hours. Remove from oven. Pour the sauce into a saucepan and cook over medium heat until it reduces, 45 minutes. Use two forks to pull the pork apart into pieces. Once the sauce is thick, mix with the pulled pork.

4 For the apple slaw, mix together all of the ingredients.

5 Fill the flapjack cups with pulled pork and slaw and serve garnished with the fresh thyme sprigs.



“The lovely, indulgent texture of the mascarpone makes for the perfect contrast to the sweet and juicy berries.”

A twist on traditional tiramisu, berry misu is right on trend! Scan this page to watch our food ed show you how easy it is to make these oh-so-pretty desserts.







## PARTY ON A PLATE

### Berrymisu

*This light, fluffy and fruity dessert is perfect for entertaining in summer*

Serves 4 – 6 **EASY** 30 mins

#### THE FLAVOUR COMBINATIONS SYRUP

150g castor sugar, sifted  
zest and juice of 1 lemon  
250ml (1 cup) Crème de Cassis de  
Bourgogne/berry-flavoured liqueur  
100g frozen berries

#### CREAM MIXTURE

300ml fresh cream  
6 egg whites  
500g LANCEWOOD Mascarpone  
5ml (1 tsp) vanilla extract

2 x 280g vanilla madeira sponge, cut  
into 5cm rounds  
handful fresh strawberries, sliced

handful fresh raspberries, to serve

#### HOW TO DO IT

1 For the syrup, melt all of the ingredients together in a saucepan over low heat until syrupy, 5 minutes.  
2 For the cream mixture, whip the fresh cream until stiff peaks form. Whip the egg whites separately until stiff peaks form. Whisk the mascarpone slightly until soft. Fold the fresh cream into the mascarpone and then into the egg whites. Set aside in the fridge.  
3 To assemble, place a sponge round in the bottom of individual glasses. Place some strawberry slices up the sides of the glass. Spoon some cream mixture in (or use a piping bag to pipe the cream for a neater presentation) and top with the syrup. Serve garnished with fresh raspberries.

#### COOK'S TIPS

To get more flavour into the sponge, soak in the cooled syrup. Tap into the trend of using mismatched glassware in which to serve this dessert.

### Apple, cream cheese and meringue tartlets

Serves 4 – 6 **EASY** 30 mins

#### THE FLAVOUR COMBINATIONS MERINGUE

6 large egg whites  
500g castor sugar

#### CUSTARD

250ml (1 cup) double-thick cream  
60g castor sugar  
4 large egg yolks  
5ml (1 tsp) vanilla extract

400g ready-made shortcrust  
pastry, pre-baked at 200°C in mini  
tartlet moulds until golden brown,  
about 15 minutes  
1 x 250g box LANCEWOOD Medium  
Fat Cream Cheese  
2 apples, thinly sliced

#### HOW TO DO IT

1 Preheat the oven to 110°C. For the meringue, beat the egg whites in a free-standing blender until fluffy, about 5 minutes. Gradually add the 500g castor sugar, 15ml (1 tbsp) at a time, until fully incorporated. Beat for a further 5 minutes until glossy. Using a round, large, plain nozzle, pipe individual meringues onto a lined baking tray and bake, 30 minutes.

2 For the custard, heat the cream in a saucepan over low heat, being careful not to let it boil, 3 minutes. Remove from heat. In a blender, blitz together the 60g castor sugar and egg yolks, then slowly pour in the warm cream while blending. Add the vanilla and continue to blend until mixed through. Cook the custard over a double boiler until thick, 15 – 20 minutes. Do not allow the bottom of the bowl to touch the water. Set aside to cool. Preheat the oven to 200°C.

3 Fill each pastry case with 5ml (1 tsp) cream cheese and a scoop of custard and top with the apple slices. Cook in the oven, 5 minutes. Remove from oven and top with the cooked meringues.





66 This crowd-pleasing canapé is perfect for summer with its fresh and creamy flavour combination. 99

30 mins

APPLE, CREAM CHEESE  
AND MERINGUE TARTLETS



Your guests will be blown away by these little beauties! Scan this page with LAYAR to see our food ed prepare them and you could win one of 10 LANCEWOOD hampers valued at R400 each.





## PARTY ON A PLATE

### Cream cheese, honeyed fig and walnut hidden-centre moissants

*Honey, fig, cream cheese and nuts are all the reasons to try these. Salty, sweet and cheesy with a flaky, buttery outer layer and soft interior. Delicious!*

Serves 4 – 6 **EASY** 2 hrs + overnight, to rest

#### THE FLAVOUR COMBINATIONS

##### FILLING

50g honey

250g fresh figs, chopped

100g dried figs, finely chopped

100g walnuts, chopped

230g LANCEWOOD Cream Cheese

##### MOISSANT DOUGH

500g cake flour, sifted

+ extra, to dust

7g instant dried yeast

pinch salt

60ml (¼ cup) white

granulated sugar

350ml cold water

200g soft butter

1 large egg, beaten  
icing sugar,  
to dust

Meanwhile, place the butter in cling film, cover and roll into a 10cm x 10cm square. Place in the fridge until cold, yet still soft enough to roll. Once the dough is ready, knead to the original size and roll into a 16cm x 16cm square on a lightly dusted surface. Remove the butter from the cling film, place in the centre of the dough and fold the corner flaps over to cover the butter completely. Turn the dough, the top flap side facing towards your left hand, and roll the dough slightly into a 14cm x 10cm shape, taking care to not let the butter seep out. Perform a book fold, cover completely with cling film and refrigerate overnight.

3 Remove the dough from the fridge and repeat the rolling process another three times, leaving it to rest for 30 minutes in between

each repeat. There is no need to rest the dough after the third time.

3 Roll the dough to 0,5cm thickness and cut into 30cm x 10cm rectangles (you should get two). Cut out 20,5cm x 15cm x 15cm triangles from the rectangles (you should get about 4 triangles per rectangle). Preheat the oven to 200°C.

4 Place a little filling and a dollop of cream cheese in the centre of each triangle and roll, starting from the wide side in. Place the filled triangles in greased muffin pans and fold the tips of the moissants inward. Brush with egg and bake, 30 minutes.

Dust with icing sugar and serve garnished with the remaining fresh figs.



#### HOW TO DO IT

1 For the filling, heat the honey in a saucepan over medium heat and add 100g of the fresh figs and all of the dried figs. Stir in the walnuts and set aside to cool.

2 For the moissant dough, mix together the dry ingredients in a large bowl. Make a well in the centre and add half of the water to mix the ingredients together. Transfer the mixture to a free-standing blender fitted with a dough hook. Add the remaining water and blend until combined, 5 minutes. Place the dough, covered, in a warm place and leave to rest until double in size, 1 hour.



How does a R5 000 grocery-shopping spree sound? Courtesy of LANCEWOOD, you stand a chance to win this awesome prize by scanning this page to see our food ed talk about how these moissants came about!



# SOUTH AFRICAN GARDEN AND HOME

REAL HOMES FOR REAL PEOPLE



On sale 15 December



GET INTO RELAXED HOLIDAY MODE WITH GORGEOUS BEACH HOUSES, SPARKLING POOLS AND REFRESHING OUTDOOR SHOWERS. FIND OUT WHAT THE LATEST DÉCOR TRENDS ARE AND HOW TO DESIGN A KITCHEN PERFECT FOR ENTERTAINING. SEE THE NEW YEAR IN WITH LOTS OF FAB PARTY BUYS AND A DELICIOUS MENU PERFECT FOR A CROWD. PLUS YOU COULD WIN A TROPICAL ISLAND GETAWAY. IT'S ALL IN THE JANUARY ISSUE OF GARDEN AND HOME







Recipes by PETE GOFFE-WOOD  
Styling by JACQUES ERASMUS  
Photographs by CRAIG FRASER  
Illustrations by COLIN FRASER

# a life digested

A *MASTERCHEF* SOUTH AFRICA JUDGE AND ONE OF THE COUNTRY'S MOST REVERED CELEBRITY CHEFS, PETE GOFFE-WOOD IS NO STRANGER TO THE CULINARY WORLD AND HAS DONE HIS TIME IN SOME OF THE BEST RESTAURANTS BOTH HERE AND ABROAD. PART MEMOIR AND PART COOKBOOK, AND LOADED WITH FUNNY ANECDOTES OF HIS OWN CHEFFING ADVENTURES, GOFFE-WOOD'S NEW RELEASE, *A LIFE DIGESTED*, IS A FASCINATING LOOK INTO THE DISHES AND LIFE OF A REMARKABLE MAN





- it was mesmerizing - the smells, the colours and the almost infinite variety of ingredients.

## Pickled Fish on Cucumber Ribbons with Yoghurt & Coriander Dressing

I've taken a traditional favourite recipe from one of South Africa's best-loved food writers, Lannice Snyman, given it a tweak and a twist, and turned it into a restaurant-quality dish I have proudly served in several different countries as part of national promotions I've been involved in. **SERVES 6**

1kg yellowtail  
salt and pepper  
oil for frying  
hot pickling liquid  
2 cucumbers  
10g coriander  
250ml plain yoghurt

**Pickling Liquid:**  
oil for frying  
1 tbsp cumin seeds  
3 bay leaves  
2 onions  
1 red chilli

50g ginger  
3 cloves garlic  
1 tbsp curry powder  
1 tbsp turmeric  
75ml white wine vinegar  
350ml verjuice  
80g sugar  
1 tsp salt

Cut the fish into 5cm cubes. Season it with salt and pepper and fry in a pan in hot oil. Place the cooked fish in a glass or stainless-steel dish and pour over the pickling liquid (see recipe alongside) to cover the fish completely. Allow to cool and then refrigerate for at least 12 hours.

Slice the unpeeled cucumbers lengthways into broad noodles using a vegetable peeler. Finely chop the coriander and add it to the yoghurt, and season with salt and pepper.

To serve, arrange a pile of cucumber ribbons in the middle of each plate and place a piece of pickled fish on top of it. Spoon a little of the pickling

liquid over the fish, then drizzle the yoghurt dressing around the outside of the plate.

### PICKLING LIQUID

Heat some oil in a large saucepan. Add the cumin seeds and bay leaves and fry for 30 seconds. Add sliced onions, finely chopped chilli, thinly sliced ginger and finely chopped garlic and fry until they begin to soften. Add the curry powder and turmeric and fry for 30 seconds. Pour in the vinegar, verjuice, sugar and salt and bring to the boil. Turn down the heat and simmer for 10 minutes, then remove from the heat.

*I've purposely adapted the traditional acidity of this Cape classic to make it more wine-friendly, but it is still quite sharp and certainly packs a lovely fragrant spice. It would be best suited to a more perfumed, floral wine like the Heritage Heroes The Beautiful Lady Gewürztraminer from Nederburg or the waxy Constantia Uitsig Semillon.*



## Crayfish Club Sandwich with Coleslaw & Sweet Potato Crisps

*I had a version of this dish on one of my first visits to New York, at The Lobster Club in Manhattan. I was on a mind-blowing restaurant research trip before opening the Phoenix Bar & Grill in London, my first serious Head Chef position. The American sandwich was a little richer than mine and was served on toasted brioche. **SERVES 1***

1 crayfish tail  
4 rashers streaky bacon  
3 slices ciabatta  
20g rocket  
50ml lemon aioli (recipe on page 73)  
½ tomato, thinly sliced  
extra virgin olive oil  
balsamic vinegar  
sweet potato crisps (shop bought)

**Coleslaw:**  
4 egg yolks  
3 tsp mustard powder  
½ cup sugar  
2 tbsp flour  
½ tsp cayenne pepper  
2 tsp salt  
1 cup apple cider vinegar  
1 cup cream  
2 tbsp horseradish (grated or creamed)  
1 savoy or green cabbage  
2 onions  
4 carrots

Cook the crayfish tail in boiling salted water for 6 minutes, then cool in a bowl of ice and water. Fry the bacon. Grill the ciabatta. Place one slice on a board. Put half the rocket on top of the bread. Cut the crayfish tail in half lengthways and arrange on top of the rocket. Drizzle the crayfish with the aioli and place a second slice of ciabatta on top of the crayfish. Put the rest of the rocket on top of this slice, followed by the tomato. Put the bacon on top of the tomato, and dress with a little oil and vinegar. Place the remaining slice of ciabatta on top, push two frilly toothpicks through the sandwich on either end and cut through the middle. Serve with a large dollop of coleslaw (see recipe below) and a big pile of sweet potato crisps.

### COLESLAW

Cook the egg yolks, mustard powder, sugar, flour, cayenne pepper and salt in a saucepan over a double boiler. Whisk in the vinegar, ensuring there are no lumps. Add the cream and stir occasionally until the dressing thickens. Remove from heat and mix in the horseradish. Slice all of the vegetables into strips, toss together and pour the dressing over.

*This sandwich is a very rich undertaking and in terms of pairing needs an equally rich, opulent and luxurious wine. In keeping with the American theme, the best one for this bad boy would undoubtedly be the Jordan Nine Yards Chardonnay.*







## Welsh Rarebit Ravioli with Green Lentil & Apple Salsa

*This dish has always been a staple of the corporate cooking sessions we do, as it's a great dish for a group of people to make. Everyone gets stuck in and the result is a fresh and very tasty meal.*

**SERVES 4**

500g cake flour  
5 eggs  
250g mature cheddar  
2 egg yolks  
75ml beer  
20ml cream  
1 tbsp smoked paprika  
salt and pepper  
1 egg white

**Salsa:**  
½ cup green lentils  
1 bulb garlic  
1 red chilli  
1 red pepper  
½ cucumber  
1 preserved lemon  
(recipe on page 73)  
juice of 1 lemon  
50ml extra virgin olive oil  
1 Granny Smith apple  
10g each fresh mint, tarragon,  
basil and sage  
salt and pepper

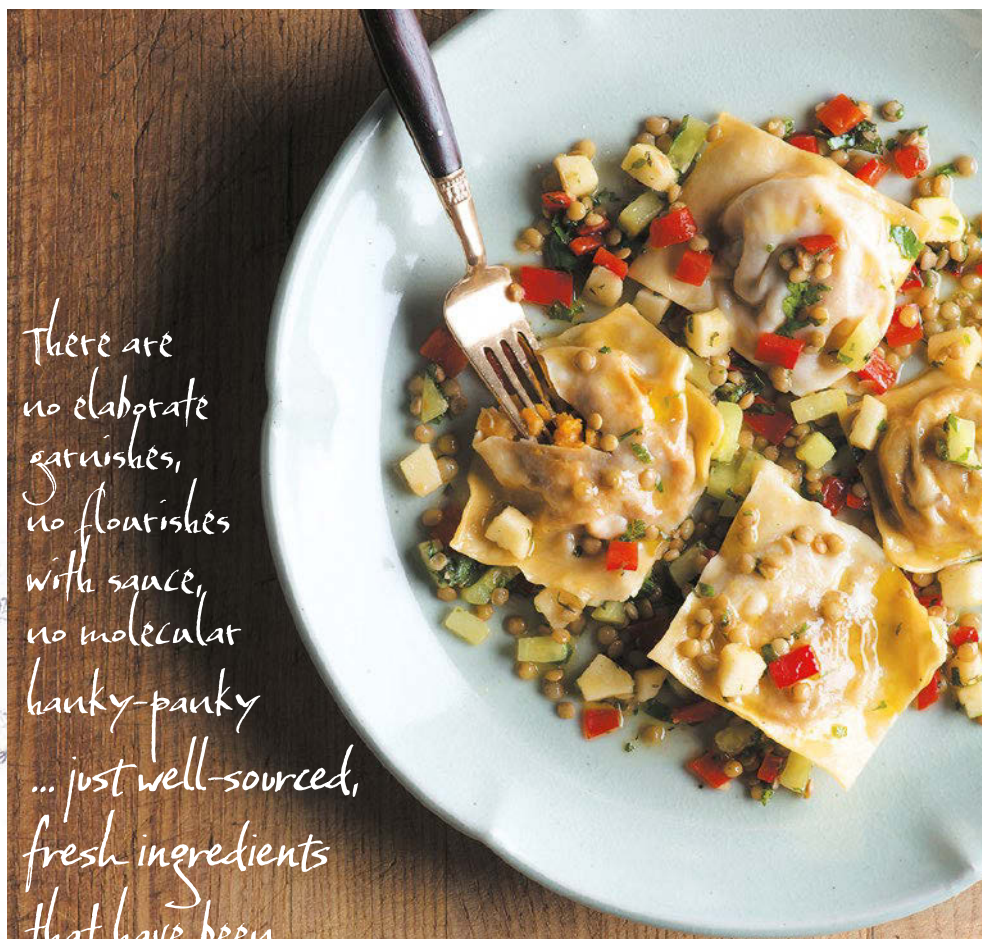
Place the flour and eggs in a bowl and knead until a smooth dough forms. Cover it and leave in the fridge for 10 minutes. Grate the cheddar and combine with the rest of the ingredients (except the egg white) to form a paste, and check the seasoning. Roll the dough through a pasta machine up to setting 7. Press out circles (diameter 5cm), place a scoop of cheese mix in the middle of each, brush the edges of the dough with egg white and place another circle on top. Press the edges to seal. You should have about 20 ravioli parcels. To cook the ravioli, boil in salted water for 3 to 5 minutes until they begin to float. Drain well and serve on top of the lentil and apple salsa (see recipe below).

### GREEN LENTIL & APPLE SALSA

Put the lentils in a saucepan with the

whole garlic and chilli and cover with water. Simmer for approximately 15 minutes until the they are cooked but retain a bit of crunch. Remove the pan from the heat and leave the lentils to cool in their cooking liquid. Chop the red pepper and cucumber into neat dice, roughly the same size as the lentils. Remove the flesh of the preserved lemon and dice the rind. Drain the lentils, remove the garlic and chilli and add all of the chopped vegetables together with lemon juice, lemon rind and olive oil. Core the apples, neatly dice them and add to the salsa just before serving. Roughly chop the herbs and sprinkle over the top, then season to taste.

*Nothing else goes with this dish quite like the Everson's Apple Cider.*



*There are  
no elaborate  
garnishes,  
no flourishes  
with sauce,  
no molecular  
banky-panky  
... just well-sourced,  
fresh ingredients  
that have been  
treated with respect.*





Braaiing is the mark of a man. Making and controlling fire is what has helped us rise above the rest of the animal kingdom, and braaiing is what sets certain men apart from other men.

## Moroccan Spiced Lamb Burger in Pita, with Hummus & Tzatziki

*This burger variation is great handheld food for all informal occasions – knock it up for the lads before a game, pack them for a picnic or bash out a few for a lazy Sunday supper. **SERVES 4***

1 red onion  
2 cloves garlic  
canola oil  
800g lamb mince  
1 tbsp ground cumin  
2 tsp smoked paprika  
juice of 1 lemon  
2 tbsp Tabasco sauce  
1 egg  
salt and pepper  
olive oil for grilling  
20g rocket leaves  
4 pita breads  
100g hummus (shop bought)  
100ml tzatziki (recipe on page 73)  
20g pickled chillies  
10g coriander

Finely chop the onion and garlic and fry them in a little canola oil until soft and translucent. Remove from the heat and leave to cool. Place the mince in a large bowl and season with cumin, paprika, lemon juice and Tabasco. Add the cooled onions, along with the egg and salt and pepper, and mix well. Divide the burger mixture into four evenly sized balls and shape into patties. For best results, let the patties sit in the fridge for at least an hour before cooking them. Brush the patties with a little olive oil before grilling them, to the degree you prefer, over hot coals or in a griddle pan. Place some rocket into a pita, followed by the grilled patty. Spoon hummus and tzatziki over it and garnish the burger with pickled chillies and roughly chopped coriander.

*Burgers need ice-cold beer, and this spicy offering is best suited to one with a slight hoppy edge and a clean finish, like a Peroni or the world-beating Stellenbrau Craven Craft Lager.*







## Rib-Eye Espatadas with Masala Butter

*If the words 'steak' and 'fire' get you frisky, this is definitely the dish. The large chunks of rib-eye mean that you'll get that lovely charred, smoky flavour only a fire can give, but at the same time be able to keep it juicy and medium-rare on the inside. The spiced butter just takes the meat to a whole new level. The onions and mushrooms will soak up the meaty juices and work well with the compound butter. Any other accompaniments, sides or salads are completely unnecessary and will only take the focus off the main event.*

**SERVES 10**

**50g rosemary**  
**10 cloves garlic**  
**1 lemon**  
**50ml extra virgin olive oil**  
**3 kg rib-eye**  
**10 red onions**

**10 large field mushrooms**  
**salt and pepper**

### Butter:

**½ onion**  
**2 cloves garlic**  
**olive oil**  
**2 tbsp curry powder**  
**1 tbsp lemon juice**  
**1 tbsp Worcestershire sauce**  
**4 anchovy fillets**  
**2 tbsp baby capers**  
**1 tsp salt**  
**1 tbsp pepper**  
**10g basil**  
**10g flat-leaf parsley**  
**250g soft unsalted butter**  
**salt and pepper**

Roughly chop the rosemary, garlic and lemon and combine them with the oil. Cut the rib-eye into large chunks (about 100g each) and place them in the marinade. They should marinate for at least 20 minutes, but for best results leave the rib-eye to sit overnight in the fridge. Peel the red onions and blanch in boiling salted water until soft (about 10 minutes). Remove from the water and leave until cool enough to handle, then cut them in half. Thread at least 3 rib-eye chunks onto a stainless-steel skewer, alternating with pieces of onion and mushroom. Repeat for all 10 skewers. Season the meat and grill to required doneness. Serve with masala butter (see recipe below).

### MASALA BUTTER

Finely chop the onion and garlic and fry in a little olive oil until soft and translucent. Add the curry powder and fry for a couple of minutes. Place the onion mix with the rest of the ingredients (except the butter) in a blender and blend to a rough paste. Add this spice paste to the butter and beat until evenly mixed. Season to taste.

*You could serve a host of reds with the meat alone, but it's the spice of the butter that has the final say. The wine that ticks both boxes is the Flagstone Dark Horse Shiraz. However, if you're hankering for something ice-cold and straight from the bottle, as one does around the fire, then Robsons West Coast Ale will be right on the money.*





## Chilled Strawberry Soup with Summer Berries & Yoghurt Sorbet

*This simple dessert was first part of a demonstration that went horribly wrong long before it ever became part of a restaurant menu. During the demonstration in front of about 200 pensioners, my assistant thought it would be a great idea to 'sabrage' the bottle of bubbles, which I attempted to do but the bottle exploded. Fortunately, the only thing injured was my ego.*

### SERVES 6

500g strawberries  
250ml strawberry yoghurt  
black pepper  
250ml Graham Beck Brut Rosé  
100g fresh summer berries  
500g yoghurt sorbet

#### Sorbet:

500ml water  
250g sugar  
1 vanilla pod, split  
75g liquid glucose  
peel of 1 orange  
peel of 1 lemon  
500ml Greek yoghurt

Put washed and hulled strawberries in a jug blender and purée into a fine pulp. Mix the strawberry pulp, yoghurt, a crack of black pepper and the sparkling wine together. Serve immediately in flat soup bowls, garnished with berries and a ball of yoghurt sorbet (see recipe below).

#### YOGHURT SORBET

Combine all the ingredients, except yoghurt, in a saucepan and cook on low heat until the sugar has dissolved and it's a syrupy consistency. Remove from the heat and leave to cool. Strain the syrup and whisk into the yoghurt. Pour into an ice-cream machine and churn.

*You can't let a bottle of Graham Beck Brut Rosé go to waste – serve the rest of it with the fruit soup.*



*Any fool can cook just as any idiot can make wine and beer, but to make memorable food and exceptional beer and wine, therein lies the talent.*





## Lemon Aioli

**MAKES ABOUT 450ML**

**1 bulb garlic**  
**2 egg yolks**  
**1 tsp Dijon mustard**  
**1 tbsp lemon juice**  
**200ml extra virgin olive oil**  
**200ml vegetable oil**  
**sea salt and pepper**

Place the whole garlic bulb on a baking tray and roast it in a hot oven (200°C) for about 15 minutes, until it's soft. Leave the garlic to cool. Peel the garlic cloves and crush them into a paste. Add the egg yolks and the mustard. Whisk in the lemon juice, then slowly whisk in the oils, and season to taste.



## Tzatziki

**MAKES 100ML**

**1 cucumber**  
**1 clove garlic**  
**500ml Greek yoghurt**  
**1 tsp ground cumin**  
**juice of 1 lemon**  
**10g fresh mint**  
**salt and pepper**

Grate the cucumber into a bowl, but only grate until you reach the seeds. Finely chop the garlic and add it to the cucumber. Mix in the yoghurt. Add the ground cumin and lemon juice, followed by roughly chopped mint. Season to taste and serve immediately.

## Preserved Lemons

**MAKES 8 LEMONS**

**8 ripe lemons**  
**250g fine table salt**  
**200ml lemon juice**

Wash lemons thoroughly, scrubbing the skins if necessary. Cut into quarters lengthwise to within 1cm of the base. Pack each quarter with salt and press back together to reshape the fruit. Put the lemons in a sterilised jar and sprinkle with extra salt. Pour in lemon juice to completely cover the lemons. Seal and store for six weeks in a cool place away from direct sunlight. To use, rinse the lemons thoroughly and discard the flesh. Always use only the rind.

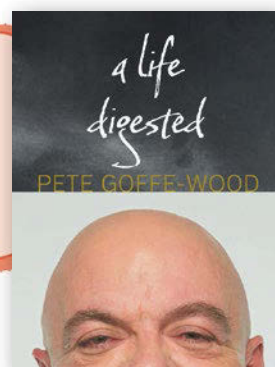


# Win!

**THREE LUCKY F&HE READERS  
 CAN EACH WIN A COPY OF PETE  
 GOFFE-WOOD'S A LIFE DIGESTED**

**PUBLISHED BY QUIVERTREE PUBLICATIONS (R375). TO ENTER,  
 EMAIL YOUR NAME, POSTAL ADDRESS AND ID NUMBER TO  
 FOODHOME@CAXTON.CO.ZA**

**BY 15 JANUARY 2015.**





SALMON TARTARE  
IN WONTON CUPS  
(RECIPE ON PAGE 78)



# THE CANAPÉ CONUNDRUM

By MALU LAMBERT Recipes, styling and photographs by SAM LINSELL





HOW OFTEN, AT A COCKTAIL PARTY, HAVE YOU BEEN LEFT CLUTCHING A PRAWN TAIL, MINI KEBAB SKEWER OR CHICKEN BONE (AND HAD TO CHASE AFTER THE WAITER AND HIS TRAY), OR ENDED UP WITH SAUCE DOWN YOUR FACE OR, WORSE, ON YOUR CLOTHES? TRY THESE DELICIOUS RECIPES FOR ELEGANT, ONE-HANDED, BITE-SIZE DELICACIES AT YOUR NEXT GET-TOGETHER. TRUST ME, PEOPLE WILL THANK YOU!

A chef stands over a pot, twirling ropes of linguine around forks, like balls of saucy wool, which he then hands out to guests as a taster. I'm at the launch of a new menu at an enduringly popular restaurant in Cape Town, surrounded by beautiful people in beautiful clothes saying beautiful things to one another. We're on our best behaviour. But that canapé, though interesting in concept, will not behave in the slightest if I try and eat it. Say hello to sauce on the chin and, most likely, my silk blouse – where are they hiding the bibs? – not to mention trying to eat it all in one bite (lest I'm keen on battling wayward strands as they try and make their escape).

This time of year heralds in a flurry of functions and, with them, looms the awkwardness of wrestling with cumbersome canapés. In my line of work, it's safe to say I've been to a few. And, more often than not, the canapés are a struggle to eat. I once even had

to try and consume a slice of pork belly the size of a closed fist on a wedge of ciabatta. While, of course, holding a glass of bubbly and trying to hold a conversation too. What happened, you ask? Well, the pork belly met the floor instead of my mouth. Charming.

In the desire to showcase their food, sometimes chefs or even home cooks can overlook the fact that canapés, in order to be successful, need to be easy to eat. The optimum? Being able to hold it in one hand and devour it in one or two bites.

Also no stranger to the eating-and-drinking circuit, Sam Linsell of prominent foodie blog *drizzleanddip.com* is showing me how to make canapés that won't make you blush.

"At one cocktail party, I put a large canapé into my mouth at the exact moment someone came up to greet me," shares Sam. "I stood there, unable to even say hello. It was very awkward and embarrassing. I now make sure I'm in the clear before I eat at parties!"

What should people avoid making? "I don't enjoy eating chicken wings or drumsticks, or any meat on the bone. It's messy and you don't know where to put the bones afterwards. Canapés should be elegant and easy to eat."

Sam is also a professional recipe developer, food stylist and photographer and her advice for canapés is to make sure they're full of flavour with good contrasting textures. "You want to pack a punch in one bite."

The scent of grilling cheese paints the air in her Sea Point home. She's crisping up a tray of roasted cauliflower and Taleggio cheese croquettes. "The beauty about this one is that all the elements can be made in advance and quickly plated just before serving," says Sam.

The crumbed balls come out of the oven, golden and smelling delectable. "Taleggio is such a delicious cheese and it has the perfect melt-y texture. I roast the cauliflower beforehand, for the flavour, and it also helps extract some of the water in the vegetable, which makes it easier to work with."

Also in the party spread is beef carpaccio en croûte served with a cheat's aioli (the cheat's way is a trick to save time when prepping for a big party).

"Salmon tartare is a wonderful dish to play around with flavour wise," says Sam, while proffering me some in wonton cups. "You can adjust the seasoning to suit your taste; so add more spice if you like it hotter, or more lemon if you like it zesty."

We move onto the sweeter side of things. I bite into a grilled pineapple tarte Tatin with a minty crème fraîche. Along with the bright, fruity sweetness, there's also a sear of spice. "I like to add a dash of Tabasco," explains Sam. "It goes so well with the pineapple."

The final canapé is a caramelised pear and Gorgonzola filo cigar. "One of my favourite combinations," declares the blonde-haired cook. "The flavour of the sweet caramel pears is the perfect partner to the salty blue cheese."

While Sam has shown me today that it's clearly okay to play with your food by experimenting with flavour combinations and textures, it certainly isn't okay to fight with it. I'm looking at you, forkful of pasta. ➤





## FUSS-FREE FINGER FOOD

### Cauliflower and Taleggio croquettes

Makes about 35 **A LITTLE EFFORT**

1 hr + 1 hr or overnight, to firm up

#### THE FLAVOUR COMBINATIONS

600g – 700g cauliflower florets  
30ml (2 tbsp) olive oil  
salt and freshly ground white pepper, to taste  
50g butter  
75g cake flour  
310ml (1¼ cups) milk  
15ml (1 tbsp) Dijon mustard  
5ml (1 tsp) smoked paprika  
100g Taleggio, finely chopped  
80g Parmesan, grated  
150g cake flour, seasoned with salt and freshly ground white pepper  
2 eggs, lightly beaten  
100g fresh breadcrumbs  
oil, to fry

#### HOW TO DO IT

**1** Preheat the oven to 180°C. Toss the cauliflower in the olive oil and tip into a large roasting pan. Season with salt and pepper and roast, 30 – 35 minutes. Remove from oven and allow to cool.

**2** Melt the butter in a pot over medium

heat and stir in the 75g flour to form a stiff paste. Slowly add the milk, bit by bit, until you have a very thick sauce with a paste-like consistency. Add the mustard and paprika and season to taste. Cook for about 5 minutes until the gluten in the flour has been cooked out. Add the cheeses and stir until most of them have melted.

**3** Finely chop the roasted cauliflower, add this to the cheese sauce and mix to combine. Refrigerate to firm up, about 1 hour or overnight (this can be prepared the night before).

**4** When you are ready to serve the croquettes, prepare the dredging elements. Place the 150g seasoned flour in a flat dish, the beaten eggs in a bowl, and the crumbs in another. Heat the oil in a large pot or deep-fryer to 180°C. The oil needs to be a minimum of about 6cm deep.

**5** Roll small spoonfuls of the cauliflower mixture in your hand, toss through the flour, then coat thoroughly in the egg. Immediately roll in the crumbs and set aside.

**6** Fry the balls in the hot oil until golden brown. Remove from oil, drain on paper towel and serve immediately.

### Sam's top five tips for a canapé party at home

- 1** Get organised. Make as many of the components in advance to save time on the day when assembling dishes.
- 2** Plan ahead so that you have a range of flavours and textures offering your guests variety, from vegetarian, meat, seafood and so on.
- 3** Find beautiful trays or platters to serve your canapés on, or interesting and exciting containers. They really take the presentation to the next level.
- 4** Keep your garnishes small and simple and make sure you don't put anything on a canapé that's not edible.
- 5** Offer a mix of hot and cold canapés, and take into consideration which season you're in.







## Seared carpaccio en croûte with cheat's aioli

Makes about 30 **EASY** 40 mins + 1 hr, to freeze

### THE FLAVOUR COMBINATIONS

1 large baguette, sliced into thin discs  
300g beef fillet  
salt and freshly ground black pepper, to coat  
30ml (2 tbsp) olive oil  
large handful wild rocket leaves (you need 1 leaf per canapé)

### AÏOLI

125ml (½ cup) good-quality mayonnaise  
15ml (1 tbsp) lemon juice  
10ml (2 tsp) Dijon mustard  
2 garlic cloves, peeled and crushed  
5ml (1 tsp) olive oil  
salt and freshly ground black pepper, to taste

Parmesan shavings, to garnish

### HOW TO DO IT

- 1 Preheat the grill, place the bread slices on a large baking tray and toast them on both sides until lightly golden. These can be made in advance and stored in a sealed container until you are ready.
- 2 Roll the beef in the salt and pepper so it is well coated. Heat the olive oil in a non-stick heavy pan over high heat and sear the fillet briefly on all sides, about 3 minutes in total. Remove and allow to cool. Wrap the beef in cling film and place in the freezer for about 1 hour before you are ready to slice it (you can keep it in the fridge a day beforehand and freeze an hour before slicing). This makes it easier to get super-thin slices.
- 3 For the aioli, mix all of the ingredients together in a bowl.
- 4 Remove the fillet from the freezer and cut into very thin slices.
- 5 Spread a layer of aioli over the base of the toasted crouton. Place a fresh rocket leaf over this, top with a slice of beef and finish with a shaving of Parmesan. Season with salt and pepper and arrange on a platter to serve.



## CAULIFLOWER AND TALEGGIO CROQUETTES







For a carb-conscious option, serve the salmon in nori wraps or butter-lettuce cups instead of wonton cups.

## Salmon tartare in wonton cups

Makes 30 – 40 cups **EASY** 1 hr 10 mins

### THE FLAVOUR COMBINATIONS

1 packet 7cm x 7cm wonton wrappers  
oil/melted butter, to grease

300g salmon fillet, pin-boned and skin removed

45ml (3 tbsp) olive oil

30ml (2 tbsp) fresh lemon juice

45ml (3 tbsp) spring onions, chopped (include both white and green parts)

5ml (1 tsp) fresh ginger, grated

good pinch sea salt flakes

few drops sesame oil

5ml (1 tsp) fresh dill, finely chopped + extra, to garnish

5ml (1 tsp) pickled jalapeño chilli, finely chopped

### HOW TO DO IT

1 Preheat the oven to 180°C. Lightly grease the wonton wrappers with a little oil or butter, place loosely in the holes of a mini-muffin tin and bake until golden brown, 10 minutes. Remove and repeat with the remaining wrappers.

2 Chop up the salmon into fine dice and set aside. In a bowl, mix together the remaining ingredients then add the salmon. Toss the fish through the dressing, adjust the seasoning and refrigerate, about 1 hour.

3 When you are ready to serve, fill each wonton cup with 5ml (1 tsp) tartare and decorate with a small sprig of dill.

### COOK'S TIP

The cups can be made a day in advance and stored in an airtight container.

## Caramelised pear and Gorgonzola (or blue cheese) filo cigars

Makes 24 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

30g butter

80g demerara sugar

3 pears, peeled and chopped into small dice

6 sheets filo pastry

80g butter, melted, to brush

80g Gorgonzola or similar blue cheese



### HOW TO DO IT

1 Melt the 30g butter in a large non-stick pan over medium heat. Add the sugar and allow to dissolve. When it starts bubbling, add the diced pears and cook briefly, about 2 minutes. Remove and set aside to cool. This can be made a day in advance.

2 Preheat the oven to 180°C and unroll a sheet of filo, horizontally, on a work surface. Brush the sheet lightly with melted butter and place another sheet on top of this. Cut the filo in half, vertically, and then each half into 4 rectangles. You should now have a total of 8 rectangles per double sheet of filo.

3 Spoon 5ml (1 tsp) pear mixture along the short length of each pastry rectangle and crumble about 5ml (1 tsp) blue cheese over this. Brush the inside of the remaining pastry with butter and roll the pastry over the mixture, tucking in the sides as you roll up to seal the join. Repeat to make 8 cigars, then repeat with another 4 sheets of filo to make a further 16 cigars.

4 Place the cigars on a lined baking tray, with the sealed side facing down, and brush once more with the remaining butter. Bake until golden and crisp, 15 – 20 minutes, and serve straight away. It doesn't matter if a little of the cheese oozes out.





## Grilled pineapple tartes Tatin with minty crème fraîche

Makes 16 mini tartes Tatin **EASY**

50 mins

### THE FLAVOUR COMBINATIONS

**1 small – medium (360g) pineapple, sliced**

**60ml (¼ cup) demerara sugar + 7,5ml (1½ tsp) extra, per tarte Tatin**

**5ml (1 tsp) vanilla extract**

**2,5ml (½ tsp) Tabasco sauce (optional)**

**1 x 250g all-butter puff pastry square**

### MINTY CRÈME FRAÎCHE

**125g crème fraîche**

**15ml (1 tbsp) fresh mint, finely chopped**

**15ml (1 tbsp) icing sugar**

### HOW TO DO IT

**1** Grill the slices of pineapple on a very hot griddle pan on both sides until slightly charred. Set aside to cool. Chop the grilled pineapple into small dice and toss with the demerara sugar, vanilla extract and Tabasco, if desired. This can all be done a day in advance and baked off when you ready to serve.

**2** Thoroughly spray a non-stick muffin tin with cooking spray. Spoon 7,5ml (1½ tsp) sugar into the bottom of each muffin cup then divide the pineapple evenly among the holes. The base of the muffin pan should be covered with pineapple.

**3** For the minty crème fraîche, mix all of the ingredients together and store in the fridge until needed.

**4** When you are ready to serve, preheat the oven to 180°C. Cut 16 rounds in the pastry using a 6cm – 6,5cm cookie cutter. Slightly flatten this out with your hand and place on top of the pineapple-filled muffin cups. Bake in the oven until golden brown and puffed up, 20 minutes.

**5** Allow to cool slightly and then run a spatula around the sides and under each tarte to remove it from the sides (it can get sticky). Invert the tartes onto a flat tray and serve warm or at room temperature with the minty crème fraîche on the side or dolloped on top.





# *A bun* in the oven

RONÉLLE HART REMINISCES OVER THE NOSTALGIC AROMA OF FRESHLY BAKED BREAD WAFING THROUGH HER GRANDMOTHER'S HOME, AND OFFERS US A RECIPE TO CREATE OUR VERY OWN MEMORIES...

Photograph by GRAEME WYLLIE





**T**he oven door of my new stove shuts the way an expensive German car's door does: quietly, solidly, slowing down a little just before it settles, almost imperceptibly, into the frame. I knew I had to bake bread in this oven.

I am not a baker, unlike my mother's mother, who turned out date loaves and oblong pound cakes at what seemed like the drop of a hat. They lined her formica table on some Saturday mornings, ready for the church bazaar in the afternoon. I used to wake up to the smell of a hot oven and that dense, sweet fragrance that dates give off, when my sister and I slept over on the occasional weekend (we lived in a neighbouring town).

Here is where I learnt about baking, in the modest kitchen of my gran. I remember the just-baked, heavy, white loaves turned out onto cooling racks, their dark-brown tops shiny with a sugar-syrup glaze, scantily brushed on five minutes before the loaves were taken out. I used to dibs the crust as soon as I saw my gran start assembling the ingredients: flour from a red and white-striped tin in her larder, sugar from a wide-ridged glass jar and a chunk of seemingly chewy, beige yeast, unwrapped from its dark-blue foil. I gagged when I first smelled it, but came to love that faintly sour, fermented scent, which hung heavily in that kitchen on a bread-baking day.

My grandfather was the prime bread-dough kneader. He towered over the table, stooping into the ball of dough formed by his fists on the floured surface. Soon, the sticky

chunk of dough turned shiny and taut but, still, my grandfather would rhythmically pull and pound at it until he was satisfied with the texture. The ball of dough was left in a wide, cream-coloured, enamelled bowl with a pale-green rim. My gran smeared the dough with melted butter and covered it with bleached flour bags she kept for this exact purpose. In her kitchen, warm from an always-on coal stove, it doubled quickly, and my grandmother would do the second round of kneading herself. I loved the way the dough collapsed again, with an audible whoosh as she punched it down until it was very elastic and smooth. Only then did it go into the lined-up loaf tins. I remember greasing them with her hand-churned butter, using the wax paper it was wrapped in.

It took an hour for the bread to rise, and another hour to bake the loaves in the oven of the coal stove. The whole house was soon redolent with that incredibly evocative smell of yeast and flour being transformed, as if by magic: an ancient alchemy repeated timelessly all over the world since the first yeasted bread was ever baked.

I don't have that recipe, but I'm sure that hers was no different to any I can Google these days. But, being slightly more health conscious, I prefer a nutty, fibre-filled slice of bread. In my quest to find a good recipe, I remembered a recipe from one of my mother's cookbooks. It does not require any kneading; just mixing with a sturdy wooden spoon after the yeast mixture is added to the dry ingredients. Yesterday, I found it at the back of the cookbook now residing on my kitchen bookshelf. And, two-and-a-half hours later, I had two wonderfully dense, seeded loaves cooling on my kitchen counter, my house smelling a little like my gran's. And, that first buttery bite

into the crust, exactly as satisfying as I remember it from long ago. Here is the recipe, with some modifications...

## Nutty wheat bread

Makes 2 small loaves **EASY** 2 hrs  
30 mins

### THE FLAVOUR COMBINATIONS

**20ml (4 tsp) brown sugar**  
**1L (4 cups) warm water**  
**10ml (2 tsp) instant dried yeast**  
**950g nutty wheat flour**  
**20ml (4 tsp) salt**  
**120g sunflower seeds**

### HOW TO DO IT

- 1** Dissolve the sugar in the warm water. Once dissolved, take 250ml (1 cup) of the mixture and sprinkle over the yeast. Leave in a warm place to start bubbling.
- 2** Add the yeast mixture back into the sugar and water mixture and add the remaining ingredients. Mix together with a wooden spoon until combined – the texture needs to be that of a sticky, stiff dough.
- 3** Spoon the dough into two small 22cm greased bread tins, cover with a clean cloth and leave to rise in a warm place until double in size, 1 hour. Preheat the oven to 200°C.
- 4** Once the dough has risen, place in the oven to bake until golden brown, 45 minutes – 1 hour.

### COOK'S TIPS

I replace the sunflower seeds with Nature Choice Miracle Seed Mix or similar, and add a big handful of pumpkin seeds. I sprinkle sesame seeds on top of the dough before baking. This bread does not rise very much during baking: it remains dense and deliciously nutty, and needs to be eaten in a day, otherwise the crust turns quite hard.






The background of the entire page is a photograph of three white, rectangular lollies on wooden sticks. They are resting on a plate with a vibrant, colorful pattern of red, yellow, and blue floral and geometric shapes. The lollies are slightly melting, with some visible fruit pieces inside. The word 'cool' is written in a teal, hand-drawn font, and 'as ice' is written in a red, hand-drawn font, both in a playful, slightly irregular style.

# cool. as ice

By LISA VAN DER KNAAP Recipes by DIANA CHAVARRO and JASON SANDELL  
Styling by MEGAN DANIELS Photographs by BRUCE TUCK and GRAEME WYLLIE

LAS PALETAS ARTISAN LOLLIES ARE THE REAL DEAL:  
HOME-MADE AND ALL-NATURAL IN A KALEIDOSCOPE  
OF COLOURS AND FLAVOURS TO SEE YOU RIGHT  
THROUGH SUMMER AND BEYOND

A small, stylized red line-art graphic of a mountain or a series of peaks, located to the left of the recipe title.

**ROASTED PEACHES  
AND COCONUT LOLLIES**  
(RECIPE ON PAGE 88)





KHOLISWA NTWANA, NOLO OLIFANT, JASON SANDELL AND DIANA CHAVARRO



Nothing beats a childhood foodie memory – except if you give said food a sophisticated (yet still-so-yummy) edge to it. Las Paletas artisan lollies are a classic example of this and, even down to their business card (an ice-cream stick – what else?), the ‘old-school cool’ factor of these lollies just keeps jumping up in increments.

It all started very simply. A woman wanted to bring a taste of home (Colombia) to a South African dinner party and decided to make some home-made lollies (‘las paletas’ in Spanish). “Everyone loved them so much that they said we should sell them,” explains co-owner Diana Chavarro. “We took the bull by the horns and called a few markets the next day,” interjects Jason Sandell, her other half (of the business and in real life). They made 120 lollies and were sold out before lunchtime.

It is easy to understand why, though – all of their lollies are made with 100 per cent real fruit and fresh dairy with no additives or colourants. “I just made them how I would at home: using fresh fruit, a dash of water, a sprinkle of sugar and a squeeze of lemon juice,” adds ➤



## FROZEN ASSETS

Diana, proving that sometimes the best foods (including the indulgent ones) are those left as natural as possible.

Their range of flavours is so phenomenal (in-season ingredients play a big part in this) that it's almost impossible to pick a favourite. On the 'Dairy' side, think Guava Cheesecake (their first flavour and still a bestseller), Strawberries and Cream, Lindt and Raspberries and even Spiced Mango Lassi. Under 'Sorbets', Coconut Lemonade is a nod to Diana's dad's favourite summer drink back at home. They've even incorporated fresh herbs and spices in lollies such as Pineapple and Chilli, and Watermelon and Mint.

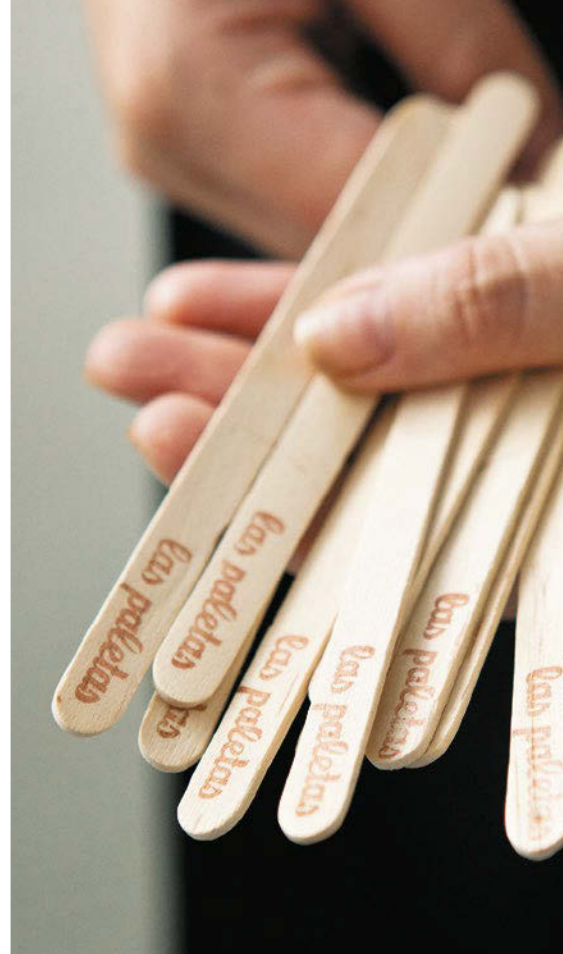
During the very early hours of the morning, particularly as the seasons change, Jason can be found at this farm or that, literally hand-picking the produce. "We only use fruit that is at its best and, often, I'll call Diana, excitedly asking, 'Honey, can you do something with this?'" This was exactly how their Roasted Peaches and Coconut lolly came about. For the couple, what started as a dinner-party dessert in a small home kitchen and morphed into a food-market staple – they went from being able to make 40 to 2 000 lollies a day when they imported their first machine – has turned into an ever-popular local favourite. They have outgrown their first factory space and can make 7 500 a day as they now sell at delis and in various Pick n Pay stores in the Western Cape.

"We got a call from someone at Pick n Pay last year," says Jason.

"We took them about 20 flavours and they loved them so much, they asked if we could sell them immediately in their stores," he divulges. In Joburg, things are a little more mobile – quite literally. They have a food truck (we love them even more now) and Thirst Bar Services is their agent, bringing all things ice cool to events around the city. "The food truck has given us an incredible presence in Joburg – I get a few calls a week from people who have seen the truck," adds Diana. Las Paletas is also available in Durban for private and public events, via Thirst Bar Services Durban.

Just one peek at their lollies proves that we definitely eat with our eyes first. "Our lollies have so many weird and wonderful 'looks' and flavours, that they become a real talking point at celebrations. They are also easy to serve and can be personalised for corporates," explains Diana. Concludes Jason: "I think our lollies are also just unexpected – and it's amazing to see people's faces light up when they see them."

021-556-1491; [laspaletas.co.za](http://laspaletas.co.za)







“All of their lollies are made with 100 per cent real fruit and fresh dairy with no additives or colourants.”



KHOLISWA NTWANA

## Valencia Orange lollies

Makes 8 – 10 (80ml each) **EASY** 5 mins  
+ 5 – 7 hrs, to freeze

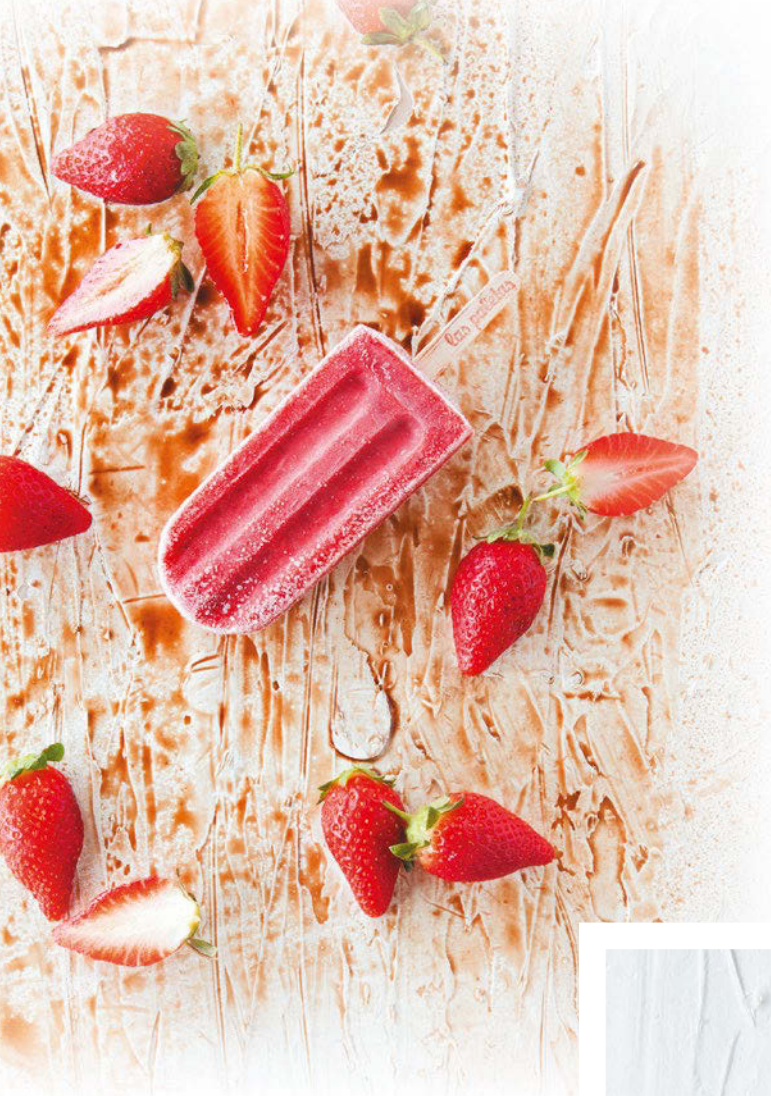
### THE FLAVOUR COMBINATIONS

**1L freshly squeezed Valencia orange juice (about 5 – 8 oranges)**  
**110g castor sugar**  
**zest of ½ orange**  
**15ml (1 tbs) fresh lemon juice**

### HOW TO DO IT

**1** Add the orange juice, sugar, orange zest and lemon juice to a blender or food processor and blitz until smooth.  
**2** Divide the mixture between the moulds and freeze, 5 – 7 hours.





## Strawberry and Balsamic lollies

Makes 8 – 10 (80ml each) **EASY** 25 mins + 5 – 7 hrs, to freeze

### THE FLAVOUR COMBINATIONS

**400g strawberries, sliced**  
**150g brown sugar**  
**125ml (½ cup) water**  
**30ml (2 tbsp) balsamic vinegar**  
**15ml (1 tbsp) fresh lemon juice**

### HOW TO DO IT

- 1** In a bowl, combine the strawberries and sugar. Mix well and let it sit, 15 minutes. Place in a pot over medium heat with the water and let it simmer until the sugar has dissolved, about 5 minutes. Remove from heat and allow to cool to room temperature.
- 2** In a blender or food processor, blitz the strawberry mixture, balsamic vinegar and lemon juice until smooth.
- 3** Divide the mixture among the moulds and freeze, 5 – 7 hours.

## Pineapple and Chili lollies

Makes 8 – 10 (80ml each) **EASY** 5 mins + 5 – 7 hrs, to freeze

### THE FLAVOUR COMBINATIONS

**250ml (1 cup) water**  
**110g brown sugar**  
**1 ripe pineapple, peeled and roughly chopped**  
**15ml (1 tbsp) fresh lemon juice**  
**1,25ml (¼ tsp) cayenne pepper (depending on how spicy you like it)**  
**1,25ml (¼ tsp) peri-peri spice (depending on how spicy you like it)**

### HOW TO DO IT

- 1** In a pot, combine the water and sugar and cook over medium heat, stirring, until the sugar has dissolved. Remove from heat and allow to cool to room temperature.
- 2** Add the syrup, pineapple pieces, lemon juice, cayenne pepper and peri-peri to a food processor, and blend until smooth.
- 3** Divide the mixture among the moulds and freeze, 5 – 7 hours.







## Cucumber Lemonade lollies

Makes 8 – 10 (80ml each) **EASY** 5 mins + 5 – 7 hrs, to freeze

### THE FLAVOUR COMBINATIONS

125ml (½ cup) freshly squeezed lemon juice  
375ml (1½ cups) water  
30ml (2 tbsp) castor sugar  
200g cucumber, seeded and grated

## FROZEN ASSETS



### HOW TO DO IT

1 Add the lemon juice, water and sugar to a food processor and blend until smooth.

2 Pour half of the mixture into the moulds to fill them about halfway, leaving enough space to add the cucumber at a later stage. Freeze the mixture until it has a slushy consistency, about 1 hour.

3 Divide half of the grated cucumber, followed by the leftover mixture and the remaining cucumber, evenly among the moulds. Freeze for a further 4 – 6 hours.



Just one peek at their lollies proves that we definitely eat with our eyes first.







## FROZEN ASSETS

### Roasted Peaches and Coconut lollies

Makes 8 – 10 (80ml each) **EASY**  
25 mins + 5 – 7 hrs, to freeze

#### THE FLAVOUR COMBINATIONS

250ml (1 cup) water

110g brown sugar

3 – 4 peaches, sliced into wedges

pinch salt

15ml (1 tbsp) freshly squeezed lemon

1 x 400g tin coconut milk

#### HOW TO DO IT

1 Preheat the oven to 180°C. In a pot over medium heat, combine the water and sugar and cook, stirring, until the sugar has dissolved. Remove from heat

and allow to cool to room temperature.

2 Sprinkle the peach wedges with salt and lemon juice. Place them in an ovenproof tray and roast, 20 minutes.

3 Add the coconut milk and syrup to a food processor and blend until smooth.

4 Pour half of the mixture into the moulds to fill them about halfway, leaving enough space to add the roasted peaches at a later stage. Freeze the mixture until it has a slushy consistency, about 1 hour.

5 Divide half of the peaches evenly among the moulds. Follow with the leftover mixture and the remaining peaches and freeze for a further 4 – 6 hours.







## Raspberry, Yoghurt and Kiwifruit lollies

Makes 8 – 10 (80ml each) **EASY**  
10 mins + 7 – 10 hrs, to freeze

### THE FLAVOUR COMBINATIONS

250ml (1 cup) water  
110g brown sugar  
3 – 4 kiwifruit, peeled  
15ml (1 tbsp) freshly squeezed lemon juice  
160g fresh raspberries  
250g good-quality double-cream Greek yoghurt

### HOW TO DO IT

1 In a pot over medium heat, combine the water and sugar and stir until the sugar has dissolved. Remove from heat and allow to cool to room temperature.

2 Add the kiwifruit, half of the syrup mixture and half of the lemon juice to a food processor and blend until smooth. Set aside. Repeat the same process with the raspberries.

3 Pour the raspberry mixture into the moulds, enough to fill them about one-third of the way. Freeze the mixture until 60 per cent solid, 2 – 3 hours. Carefully divide the yoghurt among the moulds until about two-thirds full. Freeze the mixture until 60 per cent solid, 2 – 3 hours. Finally, pour in the kiwifruit mixture until the moulds are full and freeze, 3 – 4 hours.







YOUR IRISH ITINERARY


# THE WILD ATLANTIC WAY

IRELAND MAY BE FAMOUS FOR ITS CONVIVIAL PUBS AND BUCOLIC LANDSCAPES, BUT A TASTER PORTION OF AN EPIC IRISH ROAD TRIP INTRODUCED RICHARD HOLMES TO SOME OF THE FINEST FOOD ALONG THE ISLAND'S DRAMATIC WEST COAST...

Photographs by RICHARD HOLMES

Photograph by Rex Features





**T**he Wild Atlantic Way. Roll that name around in your head for a while and it's not hard to conjure up images of storm-tossed shores, towering cliffs and long, lonely beaches.

Stretching some 2 500km from northern County Donegal to County Cork, the Wild Atlantic Way is Ireland's answer to America's Route 66, or perhaps Australia's Great Ocean Road.

To drive through it without rushing would take at least a month and, as always, I hadn't nearly enough time to see it all. The south-west is perhaps the heart of the route though and, in under a week, I tasted a few delicious corners of the Way here. If you go – and you should – here's where to stop...

#### COUNTY CLARE

As soon as the N67 dives to the south of Galway Bay, the scenery of County Clare begins to impress: the castle and nautical heritage of Kinvara, the distant Aran islands, the famous limestone pavements of the Burren. Many of the stone walls that line the hills here were built during the Irish Potato Famine of the 1800s but, today, there's little chance of you going hungry.

Burren Finé Wine & Food ([burrenwine.ie](http://burrenwine.ie)), outside Ballyvaughan, is one of the gems of the Wild Atlantic Way. Here, Cathleen Connoley whips together marvellous home-style cooking with local produce. A chalkboard menu varies daily, but could include a salad of black pudding, bacon, baby potatoes and grated apple; smoked mackerel pâté; or steamed local mussels.

If you fancy the mackerel, Burren Smokehouse ([burrensmokehouse.ie](http://burrensmokehouse.ie)), in nearby Lisdoonvarna, is well worth a visit. Birgitta and Peter Curtin's family business sources salmon, trout and mackerel along the west coast, and their smoked produce is sought after across Ireland. >



After a visit to the lonely lighthouse at Loop Head – cue more dramatic views – our road led down to the quaint town of Kilrush on the banks of the Shannon Estuary. Crotty's Pub ([crottyspubkilrush.com](http://crottyspubkilrush.com)) is one of the more charming spots in town, with the Irish lunchtime staple of soup and sandwiches if you're on a budget, or crab claws fried in butter if you're not.

#### TIPS

- For a different take on the popular Cliffs of Moher, book a guided walk with local farmer Pat Sweeney ([doolincliffwalk.com](http://doolincliffwalk.com)), who will also shepherd you into his local pub.
- The Roadside Tavern ([roadsidetavern.ie](http://roadsidetavern.ie)) in Lisdoonvarna does excellent platters of Burren Smokehouse goodies.
- Bartrá Seafood Restaurant ([bartra.com](http://bartra.com)), near Lahinch, is famous for its crab claws.

#### COUNTY LIMERICK

There's plenty to draw you to County Limerick, but top of my list was the quirky Flying Boat Museum ([flyingboatmuseum.com](http://flyingboatmuseum.com)) in Foynes. The centrepiece of the museum is a complete replica of the massive Boeing 314 flying boats that used to fly across the globe from here on the Shannon; but, perhaps the most popular drawcard, is also the town's famous invention...

In 1943, a flight across the Atlantic was turned back by storms and the bedraggled, cold and nervous passengers arrived back at Foynes. Wanting to warm them up and settle their nerves, the airport chef, Joe Sheridan, gave their coffee a shot of whiskey and a dollop of cream. The Irish Coffee was born!

#### TIPS

- As you're driving or walking, look out for the plentiful wild berries among the hedgerows.

#### COUNTY KERRY

County Kerry blends mountainous peninsulas and charming villages with some of the best food I discovered on my taste of the Wild Atlantic Way. The capital, Tralee, offers a popular farmers' market on Saturdays, as well as a ➤





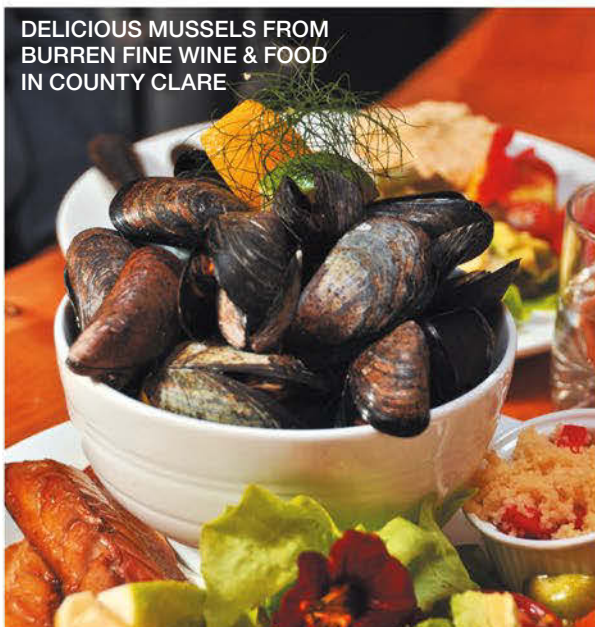


“County Kerry blends  
mountainous peninsulas  
and charming villages  
with some of the best  
food I tasted...”





DELICIOUS MUSSELS FROM  
BURREN FINE WINE & FOOD  
IN COUNTY CLARE



FRESH FISH FROM OUT  
OF THE BLUE IN DINGLE







host of lovely restaurants, including the excellent Finnegan's Restaurant & Wine Cellar ([finneganswinecellar.com](http://finneganswinecellar.com)).

To the north of town, the village of Spa is famous for its oysters, but my road led to the west and the striking Dingle Peninsula. Crab, salmon and 'craic' – an Irish catch-all phrase for 'fun' – were on the menu for lunch at O'Donnell's Bar in Cloghane, before the scenic Conor Pass delivered us into the arms of the gorgeous Dingle Peninsula.

Dingle is where most visitors base themselves, and it's a fine seaside town. There's no shortage of B&Bs or comfortable hotels here, and the town is small enough to take in most of it on foot. There's also plenty to see in the area: harbour cruises of Dingle Bay and sea-kayak excursions beneath dramatic cliffs, or perhaps a scenic drive out to Slea Head and a visit to the excellent heritage centre dedicated to the remote Blasket Islands.

Dingle has more than its fair share of excellent eateries too. The Boat Yard Restaurant & Bar ([theboatyardrestaurant.ie](http://theboatyardrestaurant.ie)) promises pier-to-platter cuisine, while, a few steps down, Out Of The Blue ([outoftheblue.ie](http://outoftheblue.ie)) is perhaps the most popular spot in town. The chalkboard menu here changes daily according to what the boats bring in, and – so they promise – if there's no fish, the restaurant doesn't open!

#### TIPS

- Dingle has a local celebrity: Fungie, the resident (wild) dolphin, that is seen on most boat trips into the bay.
- The National Folk Theatre in Tralee tells the history of the region through traditional song and dance ([siamsatire.com](http://siamsatire.com)).
- The artisan Dingle Distillery ([dingledistillery.ie](http://dingledistillery.ie)) is a 10-minute walk from town and does whiskey, gin and vodka.



## Travel guide

**CURRENCY:** The Euro is the official currency of the Republic of Ireland. R13,85/€1\*.

**VISAS:** South African passport holders do not require a visa to visit the Republic of Ireland.

**GET PLANNING:** Visit [wildatlanticway.com](http://wildatlanticway.com) and download the mobile app: intelligent geo-location offers plenty of tips, highlights and local secrets en route.

**GETTING THERE:** British Airways flies daily from Johannesburg and Cape Town to Dublin, via London. However, you will need a UK transit visa, so also consider the European and Middle Eastern carriers.

**GETTING AROUND:** You'll need a hired car to properly explore the Wild Atlantic Way. Ireland drives on the left and the roads – although narrow – are good.







THESE DELECTABLE  
GREEK DESSERTS FROM  
THE GODS WILL HAVE  
YOU SMASHING PLATES  
AND SHOUTING 'OPA!'

By KATE LIQUORISH

Recipes by LIZA LAZARIDES

Styling by THULISA MARTINS

Photographs by DYLAN SWART

*Kourabiethes*  
(Greek shortbread with almonds,  
recipe on page 101)



**BIG**

**FAT**

**GREEK**

**KITCHEN**



**S**he's the mother of George and Fats Lazarides, co-owners and founders of Ocean Basket and, at the tender age of 80, still makes all the Greek desserts and biscuits for most of the Gauteng branches... and she does it all from her very own kitchen.

Liza Lazarides moved to SA for love on 29 February 1960. Her then soon-to-be husband, Lefteri, found them a one-room flat to rent on Schoeman Street which, in Liza's words, was "one room, one chair, one bed – a horrible bed, but it was a bed". There's no disdain in Liza's voice as she recounts her humble beginnings; she's a proud woman who has worked immensely hard, sacrificing much, but who sees every sacrifice as a stepping stone on the road of her life.

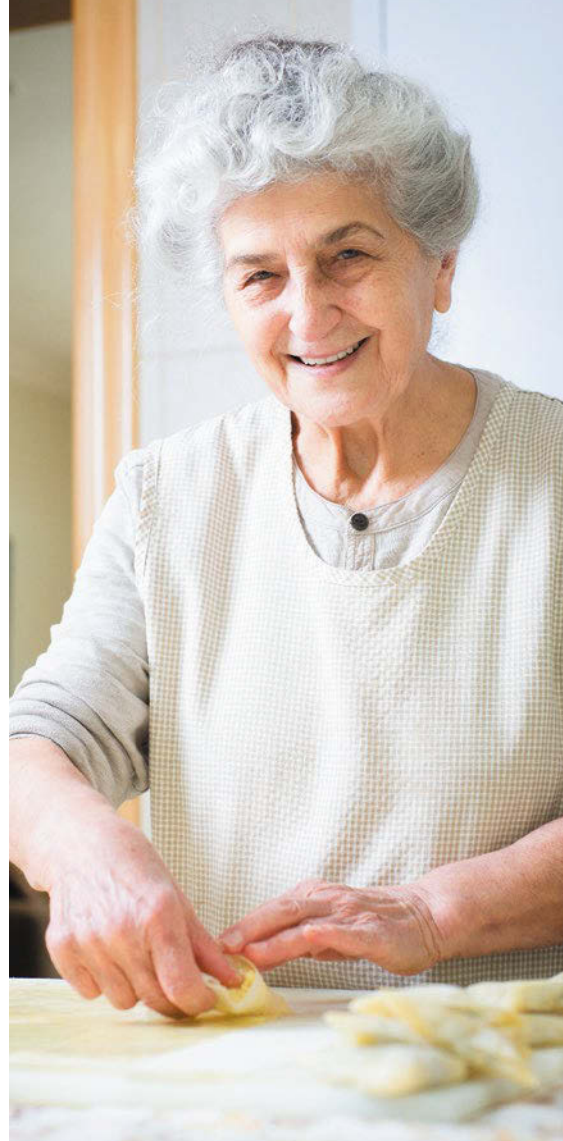
A year or so after moving, she fell pregnant with Fats. They didn't have a cot or pram because they had very little money, so, undeterred, Lefteri went to the local café and found a big, strong box suggesting that, with her sewing machine and some material, Liza could make a cot. And she did, by covering the box with pretty fabrics and making a mattress and intricate pillows. She smiles,

"That is life. I didn't complain. I didn't fight with my husband. We did what we needed to do. When we had George, my husband had a better job and we could afford these things."

**Ask her what she loves about living in South Africa and she exclaims, "Everything!"**

We begin to talk about her cooking. She tells me she "cooked for the house, not for the public", but, when her husband had a stroke, she began cooking to pay their bills, making biscuits and rusks. "Nobody taught me to cook. You learn certain things from your mother, then you go to places and taste something nice, and you ask how they made it... But the cooking itself comes from the heart, from your heart, inside."

She loves it – the joy of watching people enjoy her food: "When you take, you feel sad, and when you give, you feel happy." When Lefteri became very ill, she baked through ➤





the night to ensure they had enough money to pay rent, because "in life you mustn't ask for help, you must help yourself".

I ask her what she loves about living in SA and she exclaims, "Everything!" She explains that, while other people find things wrong with this country, she doesn't because she loves it.

When her two boys started out in the restaurant business, she baked all of their

sweet desserts, helping where she could and always giving of her time. In fact, the last holiday she took was over 20 years ago. But she says she doesn't need holidays anymore and tells me that young people, like me, must do everything we have a passion for when we're young. "Don't worry about money because,

when you're old, you don't want to go anywhere, so you must enjoy yourself now."

She looks around her beautiful home and tells me that she is so proud of her two boys and so thankful for what they have given her.

She offers us more tea and asks if she can add a little cinnamon and cloves, as this is how she makes it extra special. I say I would love that. She smiles at me and tells me she'll be right back with more biscuits and, of course, with more stories to tell.

## Galaktoboureko (custard filo pie)

Makes 25 **EASY** 1 hr

### THE FLAVOUR COMBINATIONS

#### FILLING

375ml (1½ cups) milk  
90g semolina flour  
20ml (4 tsp) cornflour  
100g white sugar  
3 large eggs, separated  
50g white sugar  
2,5ml (½ tsp) vanilla extract  
1 x 500g packet filo pastry  
90g butter, melted

#### SYRUP

115g white sugar  
125ml (½ cup) water  
½ cinnamon stick  
½ lemon, cut in two

#### HOW TO DO IT

1 Preheat the oven to 180°C. For the

filling, pour the milk into a large saucepan and bring to a boil. In a medium bowl, whisk together the semolina, cornflour and the 100g sugar until combined.

2 Once the milk is boiling, gradually add the semolina mixture, stirring constantly with a wooden spoon. Cook, while stirring, until the mixture thickens and comes to a full boil. Remove from heat, set aside and keep warm.

3 In a mixing bowl, beat together the

egg yolks, the 50g sugar and vanilla extract, using an electric beater, until fluffy, about 15 minutes. In a separate bowl, beat the egg whites until fluffy and stir into the egg yolk and sugar mixture with a spoon.

Fold this into the warm semolina mixture to make the custard and refrigerate to cool, 20 minutes.

4 Cut 13cm x 13cm squares from the filo sheets and layer four on top of each other, brushing each layer with the melted butter. Brush the sides of the top layer with butter and fill the centre with custard. Pull the brushed sides in to form small pockets, then roll the filo up, securing the custard inside. Repeat with the remaining pastry and custard. Place on a lined baking tray and bake until crisp and the custard has set, 20 – 30 minutes.



**120g unsalted pecan nuts, crushed**  
**60g unsalted pistachio nuts, chopped**  
**125ml (½ cup) honey**  
**10 layers filo pastry, cut into 16cm-diameter rounds**  
**butter, melted, to brush**

#### HOW TO DO IT

**1** Preheat the oven to 180°C. In a bowl, mix together the sugar and cinnamon. Stir in the nuts and honey.

**2** Take 1 filo round and place in a 16cm-round springform tin. Brush the filo sheet with melted butter and spread over the sugar, cinnamon and nut mixture. Repeat this process 3 times to create 3 layers on top of each other, placing a few filo layers straight on top of each other, brushed with melted butter, in between each layer.

**3** Shape the top filo round into your desired shape and bake in the oven until golden brown, about 30 minutes.

**5** For the syrup, place the sugar, water and cinnamon stick in a saucepan over medium heat. Cut off the peel from the lemon quarters and place the peel in the syrup. Bring to a boil, without stirring, then remove from heat and allow to cool. Remove the lemon peel and cinnamon stick.

**6** Once the galaktoboureko are baked, remove from oven and pour over the cold syrup. Allow to cool before serving.

### Baklava (layers of filo pastry with chopped nuts and honey)

Serves 6 **EASY** 55 mins

#### THE FLAVOUR COMBINATIONS

**5ml (1 tsp) white sugar**  
**1,25ml (¼ tsp) cinnamon**







## Melomakarona (honey cookies with pecans)

Makes 25 cookies **EASY** 1 hr

### THE FLAVOUR COMBINATIONS COOKIES

zest of ½ orange  
85g white sugar  
250ml (1 cup) sunflower oil  
90ml fresh orange juice  
560g cake flour  
5ml (1 tsp) baking powder  
5ml (1 tsp) bicarbonate of soda  
2,5ml (½ tsp) cinnamon  
50g pecan nuts, crushed

### SYRUP

115g white sugar  
60ml (¼ cup) honey

60ml (¼ cup) boiling water  
1 cinnamon stick  
juice of ½ lemon  
zest of 1 orange + extra, to garnish

### TOPPING

80g butter  
100g pecan nuts, chopped

### HOW TO DO IT

1 For the cookies, preheat the oven to 180°C. Mix the orange zest with the

sugar in a bowl, allowing the orange oils to release into the sugar. Using an electric mixer, beat the oil with the orange sugar until well mixed. Add the orange juice and mix to combine.

2 In a separate bowl, sift together the flour with the baking powder, bicarbonate of soda and cinnamon. Slowly incorporate all the dry ingredients into the wet mixture until a dough is formed. It must not be too loose nor too firm. It will be dense and wet, but not sticky. Add the nuts and knead into the dough.

3 To roll the cookies, pinch off a small handful of dough, roll it in your hands into a disc shape and press it a little flat. Repeat with the remaining dough. Place the cookies on a greased baking tray and bake, 20 minutes. Remove from oven and set aside to cool.

4 For the syrup, combine all the ingredients in a saucepan over medium-high heat and cook, stirring, until the sugar has dissolved, 5 minutes. Bring to a boil then reduce heat to low-medium and simmer until the syrup thickens slightly, 4 minutes. Keep it warm.

5 Dip the cooled biscuits, one at a time, into the syrup for about 30 seconds, turning over often until well coated. It should taste as if the biscuits have drunk the syrup.

6 For the topping, melt the butter and thoroughly mix together with the pecan nuts. Top the cookies with the nuts and allow to cool before serving garnished with orange zest.



## Kourabiethes (Greek shortbread with almonds)

Makes 55 **EASY** 1 hr 20 mins

### THE FLAVOUR COMBINATIONS

**500g butter**  
**2 large egg yolks**  
**65g castor sugar**  
**65ml brandy**  
**300g blanched almonds, finely chopped**  
**665g cake flour**  
**2,5ml (½ tsp) baking powder**  
**45ml (3 tbsp) rose or orange blossom water**  
**335g icing sugar**

mixing until you have a soft but firm dough that can be shaped. The mixture should not stick to the bowl or your fingers.

**2** Break off small pieces of the dough and shape into half moon-shape biscuits using the palms of your hands. Place on a greased baking tray and bake, 20 minutes. Do not allow them to brown.

**3** Remove from oven and sprinkle the shortbread with rose or orange blossom water while still hot. Sieve over some of the icing sugar until covered completely and leave to cool, about 30 minutes.

Place on a plate and dust again with the remaining icing sugar.

## Koulourakia (sesame Greek Easter cookies)

Makes 20 **EASY** 55 mins

### THE FLAVOUR COMBINATIONS

**200g butter**  
**220g castor sugar**  
**3 eggs**  
**5ml (1 tsp) vanilla essence**  
**15ml (1 tbsp) orange zest**  
**60ml (¼ cup) milk**  
**450g cake flour**  
**5ml (1 tsp) baking powder**  
**1 – 2 egg yolks, mixed with**  
**15ml (1 tbsp) water, to brush**

**small handful sesame seeds, to sprinkle**

### HOW TO DO IT

**1** Using an electric mixer, beat together the butter and sugar until pale and fluffy, about 4 minutes. Add the eggs, one by one, beating well after each addition, until combined. Pour in the vanilla essence, orange zest and milk and mix to combine. Add the flour and baking powder, a little bit at a time, while mixing, until the ingredients are combined and the dough is soft and not too sticky. Remove the dough from the mixer and leave to rest, 20 minutes.

Preheat the oven to 180°C.

**2** Roll out the dough and mould into desired shapes – the most traditional shape is to roll two cords and plait them, to whatever length you prefer. Brush the top of the dough with the egg mix, sprinkle with sesame seeds and place on a greased baking tray. Bake in the oven until golden brown, about 15 minutes.



### HOW TO DO IT

**1** Preheat the oven to 180°C. Cream the butter until soft and pale in the bowl of a free-standing electric mixer. In a separate bowl, blend together the egg yolks and castor sugar, using an electric beater, until smooth with no granules of sugar showing. Add the egg mixture to the butter mixture and blend well. Add the brandy and mix well. Add the almonds and combine. Gradually add the flour and baking powder and keep

*Koulourakia  
(sesame Greek  
Easter cookies)*





Dark chocolate fallen soufflé  
torte with grappa cream and  
gold dust  
(recipe on page 108)

BANKSY (UNITED KINGDOM) 'MONA  
LISA WITH A ROCKET LAUNCHER' 2008.  
SPRAY PAINT ON CONCRETE





# THE CULINARY

A LOOK AT THE INTRIGUING DIALOGUE  
BETWEEN ART AND GASTRONOMY

By JOHAN LIEBENBERG  
Recipes and styling by SHAILEEN DAVIS  
Photographs by BRUCE TUCK

# ARTS

**E**arly last year, a pioneering new exhibition took place at the Palais des Beaux-Arts in Paris. It was aptly named *Cookbook – art and culinary process* and looked at the relationship between art and cuisine, examining how dialogue between artists and chefs can influence aesthetics and trends in techniques in contemporary cooking. The exhibition was curated by a formidable team, comprising the chairman of The World's 50 Best Restaurant Awards, Andrea Petrini, and included the world's top chefs, Ferran Adrià and Massimo Bottura among others. It is purely coincidental that *F&HE* decided to examine the connection between art and gastronomy and chose Shaileen Davis, owner of The d'Vine Art Room at New Heritage Gallery in Heritage Square, Cape Town, who has an impeccable background in food.

Sitting across from Shaileen Davis (Shay) in a restaurant, sipping a glass of chardonnay on a surprisingly pleasant day in July, I asked her where it all began, her love of food. She had no hesitation in answering: "With my parents."

At home, she told me, her father prepared spectacular savoury dishes; her mother the sweet stuff. His

particular alchemy in the kitchen was matched only by his love of eating out and she joined her parents from a very young age, dining out in wonderful Durban restaurants.

Her father's business associate was Mr Naicker. His wife was the undisputed Queen of Curries. "We enjoyed the most fragrant and delectable Hindu cuisine. Diwali was a particular treat with Mrs Naicker producing the most astounding jewel-like sweetbreads and palate-pleasing curries. Oh..." A look of nostalgia crossed Shay's face as she recalled those glorious days, those spectacular dinners.

"When I went to Costa Rica, and married a diplomat, I carried the culinary soul of my parents in me," she told me. There, in Costa Rica, she entertained lavishly. Óscar Arias Sánchez, twice President and Nobel Peace Prize winner, was a regular guest, as was Prince Albert II of Monaco. The French ambassador declared, after carefully dabbing his lips with a damask napkin, that her table was the best in Costa Rica. She often heard the words, "Me gusta su cuchara de madera", which means "I love your wooden spoon!" This is the greatest compliment you can give a cook in Costa Rica.

Before Costa Rica and Monaco, there was a stint in London in the kitchen of Marco Pierre White's restaurant, Harveys. Mr White owns and runs London's first three Michelin star restaurant. As everyone well knows, he is an unpredictable man and this period could best be described as 'colourful'.

In South Africa during the Nineties, with Johannesburg as her home, Shay cooked for Madiba, the Motsepes, Mr Mboweni, the Sexwales, as well as heads of major industries and banking from SA, UK and France – the list is long.

Her life was a fabulous tapestry, woven with real-life fairy tales and



then, abruptly, one day, she left it all behind – this glamorous, glittering world. She departed like a woman leaving a dance early, not to take refuge in ordinariness, but to fulfil another of her dreams... to open an art gallery. New Heritage Gallery.

Today, gastronomy has developed to such an extent that it has stepped ➤



up to join the ranks of fine art. In some areas it has even supplanted fine art as the measure of things. You may be forgiven if you've never heard of the Italian painter, Lucio Fontana, but you will never, ever be forgiven if you don't know what a rouille is! William Deresiewicz of *The New York Times* even observed:

“The weekend chef is what the Sunday painter used to be.”

And so it came about that, on a fine day in October, Shay began wielding her wooden spoon. She'd begun prepping her dishes the night before. The venue was her Victorian cottage in Balfour Street, Woodstock. It is a delightful space – warm, inviting and eclectic. Yet, at the same time, each painting on the walls, I felt, had been selected with great care so that, in the end, the house contained all her memories. She may have cooked for presidents and a Prince but, here, she proclaimed, she also cooks for paupers (I suspect the 'paupers' she referred to must be journalists!). Be that as it may, from early on the next morning, the day unfolded to reveal dish after magical dish with visual promise of each beautifully fulfilled on the palate. The wines – it is difficult not to gush – were superb. The paintings, reproduced on canvas, took one on an aesthetic tour of the world, starting in Cape Town with Jan Vermeiren's 'Portrait of Shay' and ending with Gregor Röhrig's achingly hip Appropriation Art of 'Little Miss Tretchikoff'; thus, the intriguing dialogue between art and gastronomy was eventually concluded with the final spoonful of meltingly delicious floating islands dessert. It was the conclusion, at least for now, of an odyssey that began in the kitchen where Shay's father cooked, and taught his attentive daughter to cook many years ago.

New Heritage Gallery,  
[newheritagegallery.com](http://newheritagegallery.com)

JAN VERMEIREN (BELGIUM)  
'UNTITLED' 1990.  
(PORTRAIT OF SHAY)







*Jan Vermeiren's 'Untitled' 1990 (Portrait of Shay) is about colourful, textured women, with splashes of colour (cobalt blue is a trademark colour), a fusion of cultures (Belgian and African), the duality of sweet and salty. I have long admired this gentle artist who adopted South Africa, hence the combination of a Belgian staple (soup), exotic flavouring (coconut milk and smoked paprika) with a South African-branded taste (lamb meatballs)*

## Roast butternut, apricot, mandarin and coconut-milk soup with spicy meatballs

Serves 4 **EASY** 2 hrs

**PAIR WITH** Vins d'Orrance  
Cuvée Anaïs Chardonnay 2012  
by Christophe Durand

### THE FLAVOUR COMBINATIONS SOUP

**2 medium/large butternuts, halved and pips scooped out**

**3 medium leeks, chopped and drizzled with olive oil**

**125g dried apricots**  
**zest and juice of 4 mandarins/ small oranges**

**1,250L (5 cups) fresh chicken/ vegetable stock**

**1 x 410g tin coconut milk**  
**22,5ml (1½ tbsp) maple syrup**  
**fleur de sel/sea salt and freshly ground white peppercorns, to taste**

### LAMB MEATBALLS

**200g minced lamb**

**30ml (2 tbsp) chutney**

**30ml (2 tbsp) red onion, peeled and chopped**

**2 garlic cloves, peeled and chopped**

**15ml (1 tbsp) fresh parsley, finely chopped**

**15ml (1 tbsp) fresh chervil, finely chopped**

**15ml (1 tbsp) fresh rosemary, finely chopped**

**15ml (1 tbsp) fresh thyme, chopped**

**15ml (1 tbsp) Dijon mustard**

**freshly ground black pepper, to taste**

**10ml (2 tsp) fleur de sel/sea salt**

**15ml (1 tbsp) mango achar**

**100g coarse breadcrumbs + 250g extra, to roll the meatballs in**

**vegetable oil, to fry**

**bunch fresh sage leaves, to garnish**  
**smoked paprika, to serve**

### HOW TO DO IT

**1** Preheat the oven to 190°C. Place the butternut halves, cut side down, on an oiled baking tray and roast, 45 minutes. Add the leeks and apricots and roast for a further 15 minutes.

**2** Scoop the flesh out of the butternuts and place in a large saucepan. Add the leeks, apricot, citrus zest and juice and stock. With the lid on, bring to a boil then reduce the heat and simmer, 45 minutes. The apricots should be soft.

**3** Add the coconut milk and maple syrup then place in a blender and purée to make a soup. Season to taste.

**4** For the spicy lamb meatballs, mix all of the ingredients together, except the breadcrumbs, in a food processor. Add the 100g breadcrumbs by hand and mix until combined, then roll small meatballs (about a tablespoon in size each) in the 250g breadcrumbs. Fry in hot oil, 6 minutes, turning halfway through. Drain on paper towel.

**5** To serve, ladle the hot soup into warm bowls and top with the spicy meatballs. Finish with a few sage leaves and a sprinkling of smoked paprika.

*Paul Gauguin's 'Three Tahitian Women' 1896. The allegorical character of many of Gauguin's Tahitian paintings (in which ideas from different cultures are fused together) is evident here. It embodies the island promise of undiscovered jewels, exoticism and the bounty of the sea... an artistic marriage of livelihood and indulgence*

## A 'tail' of two ceviches

Serves 4 **EASY** 30 mins + 24 hrs, to infuse

**PAIR WITH** Chris Williams' The Foundry Viognier 2013 – an exotic nose of expressive apricot, spring blossom and creamy citrus. Succulent, juicy and fresh!

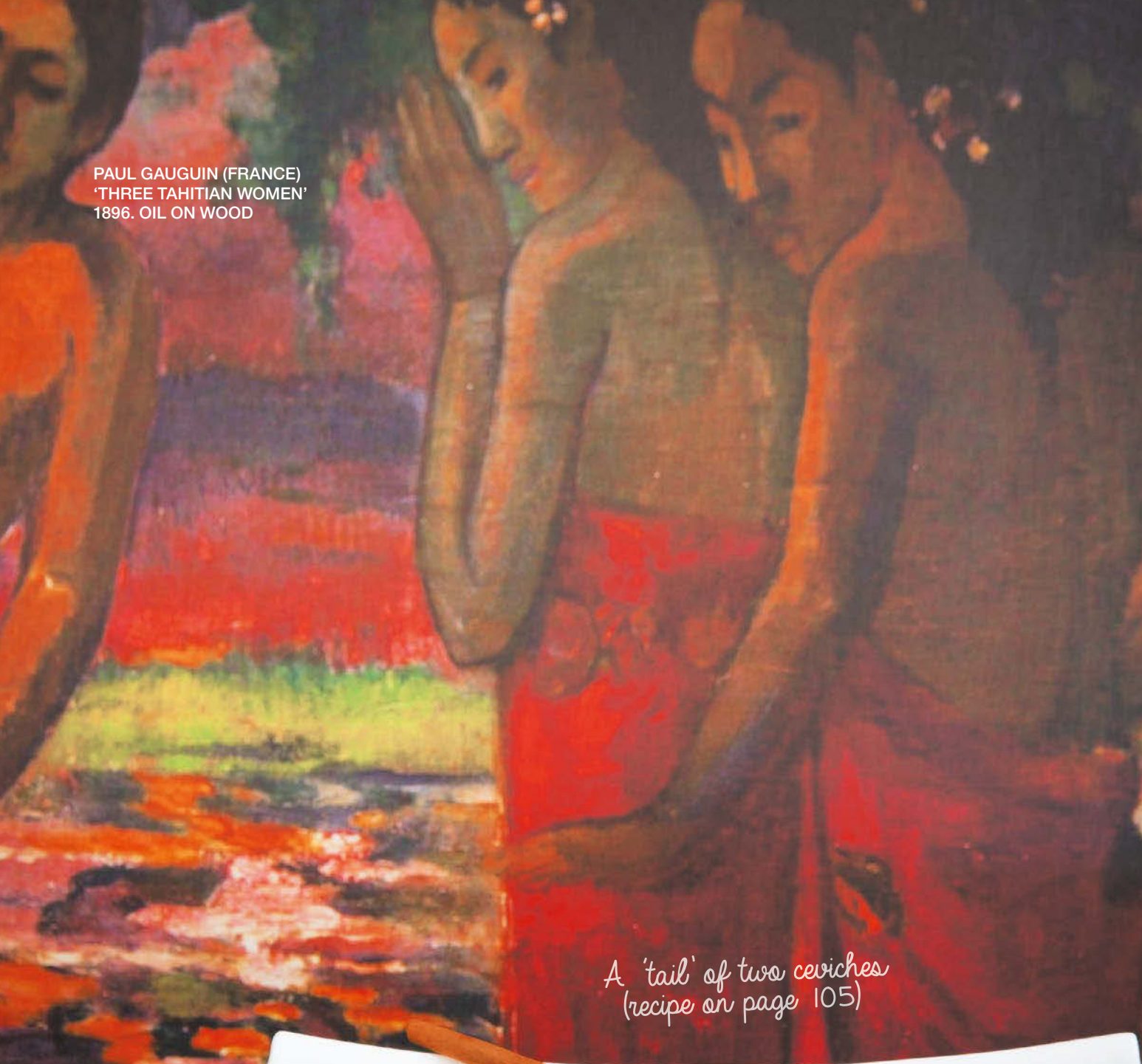
### THE FLAVOUR COMBINATIONS

**INCENSE OIL (FOR THE DECONSTRUCTED CEVICHE)**

**rind and juice of 2 small oranges**  
**rind of 2 lemons**





A reproduction of Paul Gauguin's painting 'Three Tahitian Women' (1896). The painting depicts three women in a tropical setting. The woman in the center is shown from the back, wearing a red sarong, with her hand near her face. To her right, another woman is partially visible, also in traditional attire. On the left, a third woman is partially visible. The background features a lush, colorful landscape with a body of water and a thatched-roof hut. The style is characteristic of Gauguin's Tahitian period, with bold colors and a focus on tropical themes.

PAUL GAUGUIN (FRANCE)  
'THREE TAHITIAN WOMEN'  
1896. OIL ON WOOD

*A 'tail' of two ceviches  
(recipe on page 105)*







2 star anise  
2 cinnamon sticks  
small knob ginger, cut into fine slivers  
5ml (1 tsp) cloves  
5ml (1 tsp) each of the following spices, ground and roasted for 2 minutes in a dry, non-stick pan: cumin, ginger, allspice, paprika, cloves, nutmeg, cayenne pepper and basil seeds  
125ml (½ cup) walnut oil  
125ml (½ cup) olive oil  
45ml (3 tbsp) fish sauce  
30ml (2 tbsp) light soya sauce  
15ml (1 tbsp) mirin (rice wine)

#### CLASSIC CEVICHE

200g angelfish, skinned, deboned, filleted and chopped into 1cm cubes  
2 red onions, peeled and finely sliced into circles  
1 red and 1 yellow pepper, seeds removed and thinly sliced  
1 bunch coriander, washed well, roots removed and finely chopped  
juice of 4 lemons, rind kept aside for the deconstructed ceviche dish  
juice of 5 limes  
45ml (3 tbsp) fish sauce  
15ml (1 tbsp) mirin (rice wine)  
2 garlic cloves, peeled and cut into slivers  
1 jalapeño chilli, thinly sliced/small bird's eye chilli, seeded  
1 green mango, skin removed and grated

2 medium-sized red or white sweet potatoes, scrubbed (not peeled), cut into 3cm – 4cm rounds or ⅛ wedges and steamed for 20 minutes  
60ml (¼ cup) vegetable oil, to fry  
fleur de sel/sea salt, to taste  
1 bunch fresh coriander, rinsed, well-dried and roughly chopped

#### DECONSTRUCTED CEVICHE

200g A-grade tuna, frozen for a few hours, then sliced paper-thin  
zest of 2 small oranges

#### HOW TO DO IT

1 For the incense oil (for deconstructed ceviche), combine all of the ingredients and allow to infuse for 24 hours.  
2 For the classic ceviche, combine all of the ingredients and store in

a glass non-metallic container with the lid on, 2 hours.

3 Shallow-fry the sweet potato discs in the oil until golden brown, sprinkling liberally with salt, 2 minutes. Add the coriander at the end of the cooking time. Remove from the frying pan and drain on paper towel.

4 Assemble the classic ceviche on a flat dish and artfully arrange the sweet potatoes on top.

5 For the deconstructed ceviche, layer the slivers of fish in the incense oil half an hour before serving.

6 To assemble the deconstructed ceviche, lay the fish on the platter, drizzle with the oil and decorate with the orange zest and star anise (from the oil).

*Christopher Dresser was a Scottish designer and design theorist of the 1800s and one of the first and most important independent designers – a pivotal figure in the Aesthetic Movement and a major contributor to the allied Anglo-Japanese (Modern English) style. 'Reptilian Fabric' (1887) echoes the neat and simple, classic yet striking taste of the dish featured: filo parcels hiding a surprise of taste and texture, the citrus Hollandaise masquerading as some gentle, delicate cover while surprising the palate with a lemon-lime zing...*

## White fish poached in Riesling and pink peppercorns, topped with a wine-cream reduction, prawn and fresh dill, wrapped in buttery filo

Serves 4 **EASY** 1 hr 30 mins

**PAIR WITH** Klein Constantia Metis.

*Like Christopher, this Pascal Jolivet-inspired sauvignon blanc is ahead of its time*

#### THE FLAVOUR COMBINATIONS POACHED FISH

375ml (1½ cups) good-quality Riesling wine  
15ml (1 tbsp) pink peppercorns  
zest of ½ lemon  
1 bay leaf  
400g sustainable firm white fish

#### BÉCHAMEL

75g butter  
8 prawns, 4 shelled and 4 kept unshelled/whole  
15ml (1 tbsp) Pernod (dry vermouth)  
30ml (2 tbsp) cake flour  
250ml (1 cup) poaching liquid  
30ml (2 tbsp) fresh lemon juice

4 filo pastry sheets  
125g butter, melted, to brush  
bunch fresh dill  
1 lemon, sliced into wheels + extra, to garnish

#### HOLLANDAISE

zest of 2 lemons  
60ml (¼ cup) fresh lemon juice  
45ml (3 tbsp) fresh lime juice  
30ml (2 tbsp) white balsamic vinegar  
pinch whole, mixed peppercorns  
2 eggs, separated  
250g butter, gently melted but not boiled  
freshly ground white pepper, to taste  
pinch fleur de sel/sea salt  
few stalks fresh dill, chopped + extra, to garnish

courgette ribbons, sautéed for 2 minutes over high heat in olive oil, to serve

#### HOW TO DO IT

1 Place the wine, peppercorns, lemon zest and bay leaf in a pot and bring to a simmer. Add the fish pieces and poach, 7 – 10 minutes depending on the thickness of the fish. Remove the fish and bay leaf. Reduce the poaching liquid to 250ml (1 cup), leaving the zest and peppercorns in the liquid. Set aside.

2 For the béchamel, melt the butter in a pan over medium heat. Quickly toss all the prawns in the butter, for a minute or 2, adding the Pernod. Remove the prawns and set aside. Add the flour and whisk until the mixture is golden (not brown) and the flour is 'cooked', about 2 – 3 minutes. Add the 250ml (1 cup) hot poaching liquid and whisk vigorously to eliminate lumps. Allow to cook until the béchamel is very thick, 5 – 10 minutes. Stir in the fresh lemon juice and allow the mixture to cool.

3 Preheat the oven to 185°C – 190°C. Unroll a filo sheet on a damp tea towel ➤



and generously brush with melted butter. Place some fish in the bottom third area of the pastry (having divided the poached, cold fish into 4 portions). Top with a quarter of the béchamel. Add some dill, a lemon wheel and one of the shelled prawns.

4 Begin wrapping the parcel by brushing each fold and turn with melted butter. From the bottom, fold the flap over the filling, then tuck the left and right flaps (don't forget the melted butter) over the centre. Once rolled up, make sure the final wrap (the edge of the filo) sits underneath. These parcels can be prepped a few hours ahead of time, if necessary. Repeat with the remaining pastry sheets and filling and bake in the oven, 30 minutes.

5 For the foaming lemon-lime Hollandaise, combine the lemon zest and juice and lime juice, white balsamic and peppercorns in a pot over medium heat and reduce by half. Discard the peppercorns.

6 Beat the egg yolks lightly for a few minutes and slowly add the warm, but not hot, lemon-lime reduction. In a steady stream, add the melted butter and season to taste with the pepper and salt. Allow to cool.

7 Whisk the egg whites with the dill until foamy but not too stiff. When the yolk-lemon mixture is cool, gently fold in the egg whites and refrigerate until needed.

8 To serve, arrange the filo parcels on top of the courgette ribbons and drizzle over the foaming Hollandaise. Top with lemon wheels, fresh dill and a whole sautéed prawn.

*Menashe Kadishman is a famous Israeli artist, sometimes shepherd, and sculptor. His focus on the biblical sheep in 'Sheep Head' 1991, and my recipe, effectively marry the simple sheep herder with a simple grain (couscous) and equally simple vegetable (cabbage). The colours (acid pink and green) are a reflection of the rosy dawn and fertile land*

## Ten spice-rubbed and roasted leg of new lamb with cranberry couscous

Serves 4 **EASY** 1 hr 30 mins

**PAIR WITH** *Dalla Cia Pinot Noir 2011 and Teano 2011, both by Giorgio and George Dalla Cia, Stellenbosch*

### THE FLAVOUR COMBINATIONS LAMB

**1 small leg of lamb, bone left in 5ml (1 tsp) of each of the following spices, ground and roasted for 2 minutes in a dry, non-stick pan: cumin, cloves, nutmeg, ginger, all-spice, cinnamon, saffron, coriander, basil seeds, black pepper and fenugreek 5ml (1 tsp) fresh thyme, chopped 5ml (1 tsp) fresh rosemary, chopped 4 garlic cloves, peeled and cut into slivers 15ml (1 tbsp) olive oil 4 fresh bay leaves, chopped fleur de sel/sea salt, to taste**

### COUSCOUS

**250ml (1 cup) pan juices, reserved from the roast lamb 30g dried cranberries + extra, to garnish 25g butter 25ml olive oil 150g couscous 4 baby cabbages (red or green or mixed), core removed and kept whole, steamed, cut side down, for 25 minutes**

**1 large or 2 medium aubergines, sliced into rounds, salted for 1 hour, rinsed and drained cumin and breadcrumbs, to dust olive oil, to shallow-fry**

### TO GARNISH

**8 courgettes, sliced into ribbons on a mandoline, tossed in olive oil and seasoned with salt and freshly ground black pepper small handful fresh basil leaves zest of 1 orange sprigs of lavender**

### HOW TO DO IT

1 Preheat the oven to 200°C. Rub the lamb with the roasted spices and chopped herbs. Make slits in the lamb and insert the garlic slivers. Drizzle over the olive oil, top with the bay leaves and season. Cover with foil, shiny side down, and roast in the oven, 15 minutes. Reduce heat to 170°C and

roast for a further 15 minutes (the lamb should be pink). Allow the lamb to rest to render the juices, then remove the meat and reserve 250ml (1 cup) lamb juice.

2 For the couscous, in a small pot over medium heat, bring the lamb juice, cranberries, butter and olive oil to a simmer. Add the couscous and bring to a boil then cover the pot with a lid and turn off the heat. Allow the couscous to stand, 15 minutes.

3 Roughly pull/shred the lamb and chop. Combine with the couscous. Fill the baby cabbages (or make cabbage parcels) with the lamb and couscous mixture.

4 Dust the aubergine rounds with the cumin and breadcrumb mixture and shallow-fry in the olive oil, 15 minutes, turning at 5-minute intervals. Drain on paper towel.

5 To assemble, place small mounds of the courgettes on the plate and scatter over the extra cranberries. Add the aubergine wheels in a circle and top with the lamb-filled cabbage. Garnish with basil leaves, orange zest and sprigs of lavender.

*Banksy, the ultimate Jekyll & Hyde, mystery (no longer) artist whose white or black (never grey) art retells the anti-fairy tale with the famous face in 'Mona Lisa with a Rocket Launcher' 2008. It is the archetypal face-off: history versus contemporary, the destruction of the preconceived... a fallen soufflé torte (all bets are off!), yet the fairy-tale sprinkling of gold dust makes it just a little (im)plausible. And I live happily ever after, in childlike joy, smearing the canvas with my ultra-chocolate fingers, gleeful, destructive, inventive...*

## Dark chocolate fallen soufflé torte with grappa and raisin cream and gold dust

Serves 4 **EASY** 2 hrs

**PAIR WITH** *Dalla Cia Limited Edition 5/62 Grappa by George Dalla Cia*

### THE FLAVOUR COMBINATIONS SOUFFLÉ TORTE

**butter, to grease flour, to sprinkle**



CHRISTOPHER DRESSER (SCOTLAND)  
'REPTILIAN FABRIC' 1887. (PATENTED  
TEXTILE PATTERN BY ONE OF  
VICTORIAN BRITAIN'S LEADING  
INDUSTRIAL DESIGNERS. THIS  
DESIGN WAS INTENDED AS DRESS  
FABRIC FOR THE AFRICAN MARKET.)

*White fish poached  
in Riesling and pink  
peppercorns, topped with  
a wine-cream reduction,  
prawn and fresh dill,  
wrapped in buttery filo  
(recipe on page 107)*







*Ten spice-rubbed and roasted leg of new lamb with cranberry couscous (recipe on page 108)*

**400g dark chocolate**  
**225g butter**  
**60ml (¼ cup) grappa**  
**9 eggs, separated**  
**70g Van Houten/good-quality cocoa powder, sifted**  
**220g light brown/demerara sugar**  
**pinch salt**  
**5ml (1 tsp) ground cinnamon**

## GRAPPA AND RAISIN CREAM

**170ml (⅔ cup) grappa**  
**125g raisins**  
**1 cinnamon stick**  
**500ml (2 cups) fresh whipping cream**  
**50g icing sugar**  
**edible gold dust, to sprinkle**

## HOW TO DO IT

**1** For the soufflé torte, preheat the oven to 160°C and line the bottom of a 30cm-diameter cake tin with baking

paper. Grease the baking paper with butter and sprinkle with flour.

**2** Melt the chocolate, butter and grappa over a double boiler (do not allow the bottom of the bowl to touch the water) and leave to cool.

**3** Beat the egg yolks until light and frothy. Add the sifted cocoa powder and two thirds of the sugar and fold into the cooled chocolate mixture.

**4** Beat the egg whites with a pinch of salt and the cinnamon until foamy. Add the remaining sugar and beat until fairly firm, but not dry. Roughly incorporate one third of the egg-white mixture into the chocolate-yolk mixture. Gently fold in the remaining egg-white mixture until the consistency is even yet still light. Pour into the cake tin and bake in the oven, 30 – 40 minutes. The centre should wobble slightly when you remove the cake.

**5** For the grappa and raisin cream, gently heat the grappa in a saucepan over medium heat, then add the raisins and cinnamon stick and simmer, 5 minutes. Turn off heat and allow to rest for 20 minutes. Remove the cinnamon stick and reserve for decoration. Drain then squeeze and chop the raisins and allow the grappa liquid to cool.

**6** Beat the cream with the icing sugar until stiff. Fold in the raisins and cooled grappa liquid.

**7** Once the torte has cooled (don't refrigerate), sprinkle with edible gold dust and plop dollops of cream in the centre. Garnish with the cinnamon stick.

*Vladimir Tretchikoff "accompanied" by Gregor Röhrig and 'Little Miss Tretchikoff' (in curlers) in a display of Appropriation Art, whereby fine photography meets celebrated fine*



art (such as this retro pudding) and has been transformed – the green peppercorns carrying the emerald signature colour of the Chinese Lady, the duo of islands mirroring the 21st-century soft-serve ice cream – the echo of a master painter with a new, inspired interpretation

## Floating islands: poached vanilla meringues on pools of ginger and green peppercorn-infused crème Anglaise

Serves 4 **EASY** 30 mins

**PAIR WITH** *The emperor of dessert wine, Klein Constantia Vin de Constance 2009, marrying the ordinary with the extraordinary*

### THE FLAVOUR COMBINATIONS

**3 extra-large eggs, separated**  
**pinch salt**  
**seeds of 1 vanilla pod, pod kept aside**  
**150g castor sugar**  
**750ml (3 cups) full-cream milk**  
**1 knob ginger, scrubbed, unpeeled and cut into slivers**  
**4 fresh green peppercorns, well-rinsed and lightly bruised (not crushed)**  
**110g castor sugar + extra, to caramelise the ginger**  
**250ml (1 cup) fresh cream**

### HOW TO DO IT

**1** Beat the egg whites with the salt until foamy. Add the vanilla seeds and the 150g castor sugar and continue whisking until a meringue texture is achieved.  
**2** In a wide saucepan, combine the milk, vanilla pod, ginger slivers and peppercorns, and heat until it just simmers. Dip 2 teaspoons into the hot milk and use them to 'mould' and gently drop dollops of meringue into the simmering milk to create little islands. Do not overcrowd the 'milky ocean', as the meringue will expand while cooking. After 3 – 4 minutes, flip the island over and poach for a few more minutes. Using a slotted spoon, remove the islands and lay them in a wide glass container. Once cool, refrigerate until required. Reserve the milk mixture and remove the vanilla pod, ginger and green peppercorns (but do not discard the ginger).

**3** Whisk the egg yolks until light and frothy. Add the 110g castor sugar and continue beating until light. Add the remaining infused, warm milk and strain into a clean heavy-bottomed pot. Add the cream and, over a low-medium heat, stir the mixture constantly until thickened, 15 – 20 minutes. Do not allow to boil or overheat as this will curdle the egg yolks. Remove from heat, allow to cool then refrigerate.

**4** Toss the ginger slivers in castor sugar and throw into a hot pan until caramelised.

**5** When ready, spoon a quarter of the crème Anglaise into 4 wide bowls. Float in two or three islands and add a piece or two of caramelised ginger. A blow torch can be used (with extreme caution) to slightly bronze the tops of the islands. Garnish with the vanilla pod.



GREGOR RÖHRIG  
(SOUTH AFRICA/  
GERMANY) 'LITTLE  
MISS TRETCHIKOFF'  
2014. APPROPRIATION  
ART, PHOTOGRAPHY  
AND FINE ART  
COLLAGE ON  
ARCHIVAL MUSEUM  
PAPER, EDITION 7/8





DECOR

# picnic perfect

WHOOPEE! IT'S SUMMERTIME AND, WHETHER YOU DECIDE TO GET OUT INTO NATURE OR STAY AT HOME, WE'VE A PICNIC THAT'LL WORK FOR YOU

Production and styling by TARA SLOGGETT  
Recipes by PIA-ALEXA DUARTE  
Photographs by TOBY MURPHY

COMBINE GREYS AND WHITES WITH SPLASHES OF ORANGE AND ARTISAN CROCKERY, TOGETHER WITH FURNITURE THAT'S JUST THAT LITTLE BIT KITSCH.

Rattan peacock chair, R6 995, rattan stool, R1 495, orange throw, R875, grey damask cushion, R595, all Block & Chisel. Black jacquard geometric pouffe, R499,99, grey cable-knit weave pouffe, R799,99, mosquito net, R259,99, all Mr Price Home. Flowers, R55 each, @home.





**A RUG IS A GREAT WAY TO CREATE A CENTRAL PICNICKING AREA, SURROUNDED BY COMFY SEATING AND FILLED WITH DELICIOUSNESS!**

Crochet round rug, R399,99, Mr Price Home. Artisan dome butter dish, R225, artisan bread board, R199, grey pitcher, R149, all @home. Wonki Ware small flower bowl, R75, large platter, R499, oval bowl, R160, white side plates, R110 each, napkin rings, R40 each, all Poetry. Plastic charger plates, R65, Block & Chisel. Everything else, as before.

## Let's stay HOME

*Haven't an outdoor space or perhaps the weather isn't playing ball? Then break the rules and bring the picnic inside!*

**ICE-COLD ROOIBOS TEA MAKES FOR THE PERFECT SUMMER'S DAY THIRST QUENCHER.**

Orange cushion, R275, Woolworths. Marble stripe board, R395, measuring jug, R145, glass, R28, grey throw, R595, all Block & Chisel.



**CREATE CUTE POPCORN CONES BY SIMPLY TWISTING DOILIES TO MAKE A CONE SHAPE AND KEEPING IN PLACE WITH WASHI TAPE.**

Doilies, R49,99 for a pack, Pick n Pay. Wonki Ware bowl, R180, Poetry.





# patio party

*Brighten up your tiny patio with a splash of colour and a big helping of bold pattern*

**EVEN IN THE SMALLEST OF OUTDOOR SPACES, YOU CAN CREATE A FUN ATMOSPHERE. HANG UP LARGE DECORATIONS, USE A SARONG OR SHEET AS A CANOPY AND CREATE AN ELEMENT OF DEPTH WITH DIFFERENT HEIGHTS AND TEXTURES.**

Green honeycomb balls, R130 for three, large red fan, R60, medium pink fan, R30, all In Good Company. Red pouffe, R1 800, small side table, R750, white lanterns, R380 (small), R550 (large), teapot, R550, tea glasses, R45 each, tray table, R1 800, all Moroccan Warehouse. Yellow, green and pink patterned cushions, R595 each, green silk cushion, R695, orchids, R295 each, all Block & Chisel. Pink jacquard geometric rug, R599,99, Mr Price Home.





GIVE YOUR DELICIOUS DIPS THE STAR TREATMENT BY USING A COOKIE CUTTER TO MAKE CREATIVE PITA-BREAD SHAPES. Spoon (part of a set), R295, In Good Company. Coasters, stylist's own.

RUSTLE UP MINT TEA AND YUMMY SNACKS. YOU CAN EVEN USE A LANTERN AS A CREATIVE SERVER.

Side plate, R59,95, Woolworths. Everything else, as before.



NOTHING LIKE A REFRESHING HOME-MADE COOLER TO BRING DOWN THE TEMPERATURE ON A HOT SUMMER'S DAY.

Plate, R59,95, Woolworths.

White plaster plaque, R350, Moroccan Warehouse.



COOK'S TIP

For a grown-up picnic, add sliced lemon and a few shots of vodka.



## Sparkling cranberry cooler

Makes 2L (serves 6 – 8) **EASY** 5 mins

### THE FLAVOUR COMBINATIONS

750ml (3 cups) cranberry juice, chilled  
1L sparkling water, chilled  
handful fresh mint leaves  
200g strawberries, hulled and sliced  
100g raspberries

### HOW TO DO IT

1 Place all of the ingredients in a jug and serve immediately.







## Creamy vanilla and buttery ginger cookie cheesecakes

Serves 6 **EASY** 30 mins



### THE FLAVOUR COMBINATIONS

#### BASE

1 x 200g packet ginger-nut biscuits  
45g butter, melted

#### FILLING

3 x 230g tubs plain cream cheese  
250ml (1 cup) fresh cream  
160g castor sugar  
5ml (1 tsp) vanilla extract

200g fresh assorted berries, to garnish (optional)

#### HOW TO DO IT

- 1 For the base, crush the biscuits into rough pieces and toss with the butter. Divide three-quarters of the mixture between 6 small glass jars, reserving some for serving.
- 2 For the filling, place all of the ingredients in a mixing bowl and beat until fluffy and well combined, 4 – 5 minutes. Spoon the mixture among the jars, top with the reserved biscuit mixture and garnish with fresh berries, if desired. Seal the jars with their lids and refrigerate until needed.

#### COOK'S TIP

This mixture can be made up to 2 days in advance and you can use your favourite biscuits too.

Blue-and-white stripe throw, R600, white and sequin cushions, R500 each, grass mat, R1 200, all Moroccan Warehouse. Woven rattan lantern (on floor, right), R189, rope and metal cage lantern (on branch), R189, hamper, R599, all @home. White lantern, R130, Woolworths.



30  
MINS

# Beach perfection

Create the ultimate laid-back, romantic beach picnic with fresh blues, bright whites with shimmering details and subtle natural elements

KEEP DESSERT SAND FREE BY SERVING IN EASY-TO-CARRY, YUMMY-TO-EAT-FROM JARS.



MAKE SURE YOU'RE PREPARED WHEN THE SEA BREEZE PICKS UP! USE WOODEN HEARTS TO KEEP BLANKETS IN PLACE AND TO GIVE YOUR PICNIC A TOUCH OF ROMANCE.

Dip-dye throw, R399, Woolworths.

USE LONG ROPES OF BEADS TO KEEP ALL YOUR BEACH SOFTS IN ORDER – THIS MAKES THEM EASIER TO CARRY TOO.

White and sequin cushions, R500 each, white and sequin throw, R1 500, both Moroccan Warehouse.

Napkins, R120 for four, Woolworths.



# FUN OUT IN THE FIELD

*Bring the rainbow with you using gorgeous jewel-coloured accessories and head into nature for a fun day out*

**AN OLD, PAINTED DOOR MAKES FOR THE PERFECT PICNIC PLATFORM. PROP IT UP ON CRATES OR, IF YOU'RE LUCKY ENOUGH TO FIND A LARGE LOG, USE THAT!**

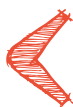
Purple, pink and clear glasses with straws, R99,95 each, purple wooden crate, R229,95, large 'tiled' mat, R349,95, all Typo. Rice floral melamine beakers, R95 each, 'antique' plastic cutlery, R185 for set, plastic bunting, R185, all In Good Company.

**BUBBLES ALWAYS MAKE FOR SUMMER FUN. TAKE YOURS IN A TRADITIONAL HAMPER.**

Rattan hamper, R495, Block & Chisel. Plastic champagne coupes, R120 for six, large towel, R1 125, both In Good Company. Floral relief cushion, R350, Woolworths.







## Caprese picnic loaf

Serves 6 **EASY** 30 mins + 20 mins,  
to compress

### THE FLAVOUR COMBINATIONS

- 1 round loaf of bread (such as potbrood or potato bread)
- 1 x 125g tub basil pesto
- 3 large tomatoes, sliced
- salt and freshly ground black pepper, to taste
- 400g mozzarella cheese, sliced
- 1 x 100g packet rocket/mixed baby salad leaves

### HOW TO DO IT

- 1 Slice the top crust off the loaf and set aside. Carefully remove most of the soft bread inside, leaving the crust intact.
- 2 Liberally spread the hollowed-out crust and top crust with the basil pesto. Arrange a single layer of sliced tomatoes in the bottom of the crust and season with salt and pepper. Add a layer of mozzarella and top with the rocket. Repeat these layers, seasoning sparingly between each. Finally top the loaf with the reserved top crust and wrap tightly in cling film. Place a heavy saucepan or book on top of the loaf to compress the layers, 20 minutes.
- 3 Pack into your picnic basket and don't forget to take a bread knife for serving.

### COOK'S TIP

You could add salami or use a combination of any of your favourite ingredients to make this loaf. Let your imagination run wild!



MAKE YOUR FRIENDS AND FAMILY A 'LOAF SURPRISE'. NOT ONLY IS IT SO PRACTICAL FOR A PICNIC, BUT IT LOOKS IMPRESSIVE TOO!



SERVE UP WATERMELON WITH A SMILE. CUT SLICES AND SAVE STICKY FINGERS BY PIERCING WITH A FORK - WRITE A FUN MESSAGE ON THEM AND SERVE.

Paper plates and wooden forks, from a selection, Woolworths. Everything else, as before.



COMFORT AND FUN ALL ROLLED INTO ONE. BE PREPARED WITH EASY-TO-CARRY CUSHIONS AND GAMES FOR BOTH BIGGER KIDS AND LITTLES.

Square seat pad with handle, R169,99, Mr Price Home. Bat and ball set, R195, paper napkins, R70 per pack, both In Good Company. Butterfly sticker (on purple beaker), R49 for a multipack, Typo.





EASTERN CAPE FOOD

# THE new SETTLERS

LEW ROOD TAKES A GOURMET GANDER  
AT THE EASTERN CAPE AND REVEALS  
MUST-TRY CULINARY HAPPENINGS

## Haricot's Deli & Bistro, Grahamstown

A welcome addition to the university town, Jenny Gird provides great cakes, good coffee and delicious bistro fare for lunch and dinner in a convivial atmosphere with a great buzz. 32 New Street; 046-622-2150; [haricots.co.za](http://haricots.co.za)

Haricots  
deli & bistro





## Polka, Graaff-Reinet

On a peaceful street in this historic town, close to the legendary Drostdy Hotel, seek out Polka – a stylish bakery, café and deli for breakfast, lunch and dinner with great pastries and a shaded courtyard for outdoor dining. 52 Somerset Street; 087 550 1363; [polkacafe.co.za](http://polkacafe.co.za)



## Dessie's Fine Food & Wines, Port Elizabeth

Accomplished chef Dessie Price runs her established breakfast, brunch and lunch venue within Bloomingdales Lifestyle Village in Walmer. Pay them a visit for delicious offerings using the finest ingredients with ever-changing daily specials. 145 Main Road, Walmer; 041-581-3113; [dessies.co.za](http://dessies.co.za)







## EASTERN CAPE FOOD

### Nanaga Farm Stall, Alexandria

This iconic landmark incorporates a restaurant and a vast selection of freshly sourced produce, with innovative offerings and a loyal following. Their lamb pie is justly renowned. Just off the N2 between Port Elizabeth and Grahamstown, Addo; 041-468-0353; [nanaga.co.za](http://nanaga.co.za)



### Le Chameleon, Humansdorp

A completely unique dining and shopping experience in this unassuming town, which attracts a huge following – and deservedly so – to its witty, extravagant interior. Probably the Eastern Cape's most hidden secret, this is absolutely worth the detour, whether it's for breakfast, lunch, coffee or a glass of wine. And you won't be able to resist the gift shop and deli! 53 Voortrekker Road; 042-291-0262; [lechameleon.co.za](http://lechameleon.co.za)







# Trivia

HOW WELL DO YOU  
KNOW YOUR FOOD?

Compiled by TARYN DAS NEVES

- 1 From which country does sangak bread originate? Iran or Mexico?
- 2 'Matrimonial cake' is another name for what?
- 3  $C_8H_{10}N_4O_2$  is the formula for which chemical?
- 4 Bora, Magres and Marian are all types of which root vegetable?
- 5 *Brassica oleracea botrytis cymosa* is the Latin name for which vegetable?
- 6 What kind of fruit is a Bartlett?
- 7 Which vegetable should you avoid planting next to dill since they each require different pH (acidity) levels in the soil?
- 8 Which wine is made from the Melon de Bourgogne grape?
- 9 What 'fruit of the gods' is the national fruit of Japan?
- 10 How would a French dish be cooked 'en brochette'?
- 11 Which nuts were traditionally used in Pad Thai?
- 12 Balti, which originated in Birmingham, is what?
- 13 What forms the holes in Swiss cheese?
- 14 A skipjack is a dredging boat designed to harvest which type of seafood?
- 15 What type of food are you likely to order at a taquería?

FOR ANSWERS, TURN TO PAGE 125.

 CLUE TO QUESTION 6



# A FOODIE AND FASHIONISTA *Spring Af-fair*

**T**here was no doubt about it, spring was in the air at the *Food & Home Entertaining* and *woman & home*

Spring Af-fair! A total of 400 readers threw off their winter woollies, donned their most fabulous spring attire and joined us for a lavish reader event at Emoyeni Estate in the heart of Joburg's Parktown on 24 and 25 October, sponsored by Philips and Busby.

Philip's charming chef, Henry Davrajh, entertained the guests with a cooking demonstration on how to prepare healthy, oil-free meals with the new Philips Avance AirFryer. Perfect for summer! Visual merchandiser Linda Sifumba took the guests through Busby's chic spring range of leather accessories, and gave tips on how to incorporate them in

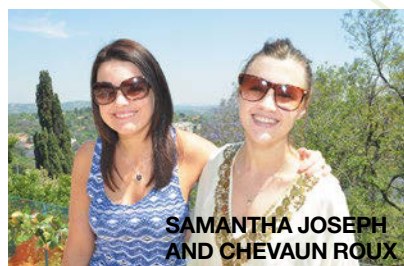
new-season fashion trends. Finally, Belle's Patisserie's chefs, Patrick and Misty, wowed the audience with insider cake-decorating tips and tricks.

Refreshments were served at a leisurely high tea, complete with a vibrant citrus display of sweet and savoury treats, after which guests strolled through the vintage Spring Af-fair market, where vendors included Philips, Busby Leather, Belle's Patisserie, Sorella Jewellery, Nicci Boutique, Van Loveren wine, Tasha's Fantastic Fudge and Adriatic with prosecco and prosciutto tastings. SOHO Beauty Salon treated guests to free mini manicures and Kryolan Professional Make-up was there for on-the-go touch-ups and top tips from their make-up artists.

After a day of spring fun and indulgence, no one left the event empty-handed! Guests received fabulous goodie bags teeming with treats! And the winners of our lucky-draw prizes walked away with generous hampers from the sponsors.



LADIES WHO LUNCH



SAMANTHA JOSEPH  
AND CHEVAUN ROUX



VISIT OUR  
FACEBOOK  
PAGE FOR MORE  
PHOTOS

facebook.com/  
FoodandHomeEntertaining  
MagazineSA



LINDA SIFUMBA

Photographs by Peter Whitfield and Andrea Jackson



# RECIPE INDEX

JANUARY 2015: NEW YEAR NIBBLES



## MEAT AND POULTRY

Mango, prawn and bacon salad with a creamy pineapple dressing.....	36
Mini savoury cultured cream flapjack cups topped with pulled pork and apple slaw.....	60
Moroccan Spiced Lamb Burger in Pita, with Hummus & Tzatziki.....	70
Rib-Eye Espatadas with Masala Butter...	71
Roast butternut, apricot, mandarin and coconut-milk soup with spicy meatballs.....	105
Seared carpaccio en croûte with cheat's aioli.....	77
Sol's lamb curry.....	55
Spicy pork and grape koftas.....	32
Ten spice-rubbed and roasted leg of new lamb with cranberry couscous.....	108

## FISH AND SEAFOOD

A 'tail' of two ceviches.....	105
Crayfish Club Sandwich with Coleslaw & Sweet Potato Crisps.....	68
Pickled Fish on Cucumber Ribbons with Yoghurt & Coriander Dressing.....	67
Quentin's crusted linefish.....	54
Salmon burgers with dressed crispy greens.....	57
Salmon tartare in wonton cups.....	78
White fish poached in Riesling and pink peppercorns, topped with a wine-cream reduction, prawn and fresh dill, wrapped in buttery filo.....	107

## VEGETARIAN

Caprese picnic loaf.....	119
Caramelised pear and Gorgonzola (or blue cheese) filo cigars.....	78
Cauliflower and Taleggio croquettes.....	76
Chargrilled pineapple and mango salad with a masala dressing.....	35
Grape, onion, beetroot and blue cheese salad.....	31
Raw vegan pickled aubergine (melanzane sott'olio).....	47
Seasonal summer goat's cheese salad with cashew-nut brittle.....	8
Sun-dried tomato chilli poppers.....	17

Vegan Asian wraps with fresh sprouts and crispy soya prawns.....	48
Vegan chickpea and spinach burgers.....	49
Vegan spinach gnocchi served with sage vegan 'butter'.....	48
Welsh Rarebit Ravioli with Green Lentil & Apple Salsa.....	69

## DESSERTS AND BAKING

Apple, cream cheese and meringue tartlets.....	62
Baklava.....	99
Berry misu.....	62
Chilled Strawberry Soup with Summer Berries & Yoghurt Sorbet.....	72
Coconut and mango jellies with pineapple custard.....	38
Cream cheese, honeyed fig and walnut hidden-centre moissants.....	64
Creamy vanilla and buttery ginger cookie cheesecakes.....	116
Cucumber Lemonade lollies.....	87
Dark chocolate fallen soufflé torte with grappa and raisin cream and gold dust.....	108
Floating islands: poached vanilla meringues on pools of ginger and green peppercorn-infused crème Anglaise.....	111
Galaktoboureko.....	98
Grape and peach tarte Tatin.....	33
Grilled pineapple tarts Tatin with minty crème fraîche.....	79
Koulourakia.....	101
Kourabiethes.....	101
Mango, pineapple and chilli granita.....	38
Melomakarona.....	100
Nutty wheat bread.....	81
Pineapple & Chilli lollies.....	86
Raspberry, Yoghurt and Kiwi lollies.....	89
Roasted Peaches & Coconut lollies.....	88
Rose and pistachio frozen nougat.....	56
Strawberry & Balsamic lollies.....	86
Valencia Orange lollies.....	85
Vegan apple, cinnamon and cranberry muffins.....	49
Vegan apple strudel.....	50

## DRINKS

Mango, pineapple and almond lassi.....	35
Sparkling cranberry cooler.....	115

## ALL THE REST

Lemon Aioli.....	73
Preserved Lemons.....	73
Tzatziki.....	73

## STOCKISTS

Aaron Kearney Design.....	071 900 1201
@home.....	0860 66 66 74
Block & Chisel.....	011-442-0809/021-712-5193
Consol.....	011-874-0000
Entrepo.....	011-884-9338
Esque.....	esque.co.za
Exclusive Books.....	011-798-0111
Food Lover's Market.....	086 000 7728
Indigenus.....	083 445 4105
In Good Company.....	011-447-1628/021-671-4852
Isabelina.....	082 460 8843
Moroccan Warehouse.....	021-461-8318
Mr Price Home.....	0800 212 535
Musica.....	0860 254 257
Poetry.....	086 055 5529
Quirky Me.....	082 417 1885
Sir Fruit.....	011-989-7700
SPAR.....	0860 313 141
Typo.....	011-784-2485/021-671-0957
Woolworths.....	0860 100 987

## ALTITUDE BAKING

**All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:**


Lower the oven temperature by 10°C  
 For every 5ml (1 tsp) baking powder, increase by 1 – 2ml  
 For every 250ml (1 cup) sugar, increase by 15ml (1 tbsp) – 30ml (2 tbsp)  
 For every 250ml (1 cup) liquid, decrease by 30 – 45ml  
 For every 120g flour, decrease by 15ml (1 tbsp)

## TRIVIA ANSWERS FROM PAGE 123

1 Iran 2 Date squares 3 Pure caffeine 4 Turnip 5 Broccoli 6 Pear 7 Carrots 8 Muscadet 9 Persimmon 10 On a skewer 11 Almonds 12 An Indian curry 13 Carbon dioxide 14 Oyster 15 Burrito






**"MY DAUGHTER GOT BURNED"**



"But since studying at Capsicum Culinary Studio making Crème Brûlée became easier for her..."

Read more about her story at [www.capsicumcooking.co.za](http://www.capsicumcooking.co.za)

   @capsicumcooking

**ENROL NOW!**  
**086 111 CHEF (2433)**  
[www.capsicumcooking.co.za](http://www.capsicumcooking.co.za)

City & Guilds  **Capsicum**  
 CULINARY STUDIO

Your passion. Your future.

**Antoinette's**  
 Cookery School



To lovers of the good life all over the world... forget retail therapy, this is food therapy!!

The practical hands-on approach in a purpose-built cooking studio will leave you inspired and passionate about your next culinary adventure.

Contact details:  
 Antoinette's Cookery School  
 230 Kruger Avenue  
 Lyttelton Manor  
 Tel: 012 664 8485  
 Cell: 083 692 9293  
 082 770 3833  
 Fax: 086 619 8408  
 Email: [info@antoinettes.co.za](mailto:info@antoinettes.co.za)  
[www.antoinettes.co.za](http://www.antoinettes.co.za)

**PIZZA EXPRESS**  
**"DELIZIA"**  
 Makes perfect pizza  
 in only 5 minutes



The ORIGINAL ITALIAN high-speed pizza maker with a unique, patented, fireproof stone surface, which makes perfect Italian pizzas in only 5 minutes.

The surface bakes the pizza base in traditional Italian style, while the top element ensures that the pizza is crisp and ready within 5 minutes. Take it with you on vacation or to friends.

For restaurant use as well.

[www.pizzamakerathome.co.za](http://www.pizzamakerathome.co.za)  
 Order online or contact us at  
[info@pizzamakerathome.co.za](mailto:info@pizzamakerathome.co.za)  
 or 073 882 2699



Photo by Pascal Parent

Rated 5-star on TripAdvisor and set in a beautifully decorated circa 1864 building, this high tea parlour and slow-food restaurant is just 45 minutes from Jozi on the N3. Take the first Heidelberg turn-off and head for 67 HF Verwoerd Street. Tuck into delicious pot pies, quiches, cakes, breakfasts and weekend harvest tables. Then sip on a wide selection of loose leaf teas served in glass teapots and pretty teacups, freshly ground coffee or organic cordials.

**Book to be safe.**  
**Get there now:**  
 Wed-Sun 8h00 - 15h00

Werna  
 079 334 7579   
[victorianguestlodge@gmail.com](mailto:victorianguestlodge@gmail.com)  
[www.victorianguestlodge.co.za](http://www.victorianguestlodge.co.za)  
 Facebook hermajesteassalon/45

  
**HTA**  
 School of Culinary Art  
 Winner of Nineteen National Culinary Awards  
 2006 - 2014

**PROFESSIONAL  
 CHEF TRAINING**

011 285 0937/16  
[operations@htatrain.co.za](mailto:operations@htatrain.co.za)  
[www.htachefschooll.co.za](http://www.htachefschooll.co.za)

CP047127



**FOOD&HOME**  
 ENTERTAINING

Call 011-449-1064  
 to advertise in classifieds



**Tables and chairs**  
 Wholesale to the public:  
 • End users • Restaurants  
 • Hospitality industry • Catering industry

Tel: 011 791 1070  
 031- 702 2727  
[www.dpplastics.co.za](http://www.dpplastics.co.za)



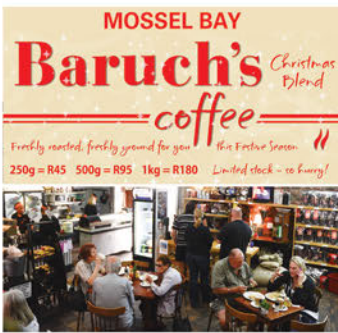


## MO AND ROSE

The Wine Bistro, ensconced in the beautifully renovated old barn, celebrates the art and joy of eating and drinking. Dine on seasonal Cape Winelands cuisine with a European twist. Mo & Rose's mission is to serve thoughtfully handcrafted fare, utilizing fresh local produce. Open for lunch and dinner. To enquire about our opening hours please call us or visit our homepage [www.moandrose.co.za](http://www.moandrose.co.za)

For reservations please contact:

**MO & ROSE at Soekershof -**  
Tel: 023 626 4134 -  
[eatery@moandrose.co.za](mailto:eatery@moandrose.co.za) -  
[www.moandrose.co.za](http://www.moandrose.co.za)



Found on the GARDEN ROUTE, visit **BARUCH'S COFFEE SHOP** & enjoy the cosy atmosphere with a freshly ground & freshly brewed gourmet filter coffee for only R10. We serve unique, freshly prepared **ISRAELI CUISINE**, shawmas our way on certain days and scrumptious cake varieties. Taste our mouth-watering tramezzinis, hummus, dolmades, halva & much much more. **BARUCH'S COFFEE ROASTERY** sources beans from all over the world, using only the best quality 100% Arabica beans that are professionally roasted by our Master Roaster **DAVID JACOBS** in our drum roaster. Pop in & see the roasting process unfold. **DAVID** is always keen to share his knowledge about roasting & different coffee beans. This festive season **DAVID JACOBS & AHARON BARUCH** with over 16 years of coffee experience, put their heads together to blend and roast a very **SPECIAL SECRET CHRISTMAS** blend for you! It will only be for a limited time starting from the 1st of December! Stock is limited so make sure you buy yours!

Open Monday to Friday 08h00-17h00  
Entrepreneur of the year 2011

KKT Building no 4, Gericke St,  
Voorbaai, Mossel Bay,  
Tel: 044 695 2078



For Classifieds  
advertising enquiries contact:  
Natasha 011 889 0825  
[natashakock@caxton.co.za](mailto:natashakock@caxton.co.za)

Enjoy great country cuisine and fabulous wines. Stop for a meal or stay over on your way to Mozambique or The Kruger National Park.

[www.oldjoes.co.za](http://www.oldjoes.co.za)  
083 229 3751  
Schoemanskloof-Mpumalanga

Take the first step in your culinary career!  
Our kitchen is almost full so don't delay  
**ENROL TODAY!**

[www.cheftraining.co.za](http://www.cheftraining.co.za)  
Cape Town / Centurion Branch  
[info@cheftraining.co.za](mailto:info@cheftraining.co.za)  
012 654 0244 / 021-913 9750

# Restaurant deli & bakery

kitchen garden

Culinary TABLE

Find honest garden-to-table cuisine, speciality fare and deli goods, in an urban-edge restaurant

Open 7 days a week for breakfast & lunch.

Lanseria Centre Pelindaba Road (R512), **Lanseria, Gauteng**  
Bookings: [table@culinary.co.za](mailto:table@culinary.co.za) | Web: [www.culinarytable.co.za](http://www.culinarytable.co.za)





# FEAST ON THIS

A CO-FOUNDER OF FEAST FOOD & WINE CLUB, CHRISTOPHE JOUET TALKS ABOUT FUTURE PLANS FOR THE CLUB AND ABOUT GIVING BACK TO AN INDUSTRY THAT DELIGHTS US ALL

**Before FEAST, I was part of a food and wine society** but it was a little bit old-fashioned and I thought it would be nice to do something different; something more contemporary. I approached two friends of mine to be part of a brand that really gives back to society through food and wine experiences and showcasing wine farms, and that's really how FEAST was born in 2009. We came up with the brand and now we have 700 members. There are 11 committee members who run FEAST as a part-time hobby and specialise in different areas from marketing to finance, media and events.

**The purpose of FEAST, and why we started it, was to create experiences but also to give back to the culinary arts.** The money we raise through ticket sales and events goes towards putting students through culinary school with the help of the Dr Bill Gallagher Young Chefs Study Assistance Fund. Dr Gallagher really helps us with the selection process when it comes to finding young people. From a mentorship perspective, he is incredible and has been very supportive – although, that's not to say we won't consider working with other charities at a later stage once we have grown.

**There is a need for chefs in this country, for support in the hospitality industry.** A skills audit by the Department of Environmental Affairs and Tourism released in 2014 indicates that, over the next three years, the hospitality sector will require 24 000 chefs or cooks. And the South African Chef's Association's (SACA) statistics, published in June 2014, reflect that there are currently 2 500 vacancies for pastry chefs and 12 500 in hot kitchens around the country. We've put 11 graduates through chef school to date, but I still feel it's not enough.

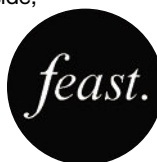
**Our first event was at a boutique hotel where we showcased an emerging violinist,** who is now performing all over the world. We do try and add that extra something special to our experiences, whether it's showcasing new artists or having an auction. We try to do six to eight events throughout the year. Most recently, we held a spectacular event at Restaurant Mosaic in Pretoria. But, on the flipside, we've also done very low-key, casual events. We've had one at Dukes Burgers where SAB came on board and we had a beer tasting. It was more affordable,

more casual. Our 700 members on our database are a diverse mix of people, with the average age between 25 and 40, but we do welcome people of any age.

**My most memorable experiences to date with FEAST** were, firstly, one we hosted at Cube Tasting Kitchen in Parktown North, because they sponsored the entire evening and we managed to raise such a great amount of money for the fund. Mosaic was also a memorable one as we were able to raise R15 000 through donations at the event with just 15 people having attended!

**While we are Johannesburg-based, there is a need to take FEAST to Cape Town and Durban** and discussions are underway with people who are in place to do this, but we want to make sure our foundations are perfect before we run with those ventures. We've got some really exciting events we are working on at the moment for the New Year – such as a Maboneng open-air movie night and a Fordsburg food experience.

For further info or to become a member, go to [feastfoodandwine.co.za](http://feastfoodandwine.co.za), [facebook.com/FEAST](https://facebook.com/FEAST), FoodWine or email [christophe@feastfoodandwine.co.za](mailto:christophe@feastfoodandwine.co.za)





What the F&HE team are wishing for in 2015...

**Eat, Love  
AND Be Merry.**

**I want to learn how to speak Zulu.**

**Buy myself a MacBook Pro.**

**I CAN'T WAIT FOR THE MOMENT  
WHEN I GET TO MEET MY BABY BOY.**

**Be adventurous and  
try some new flavours  
or ingredients.**

**To write more handwritten letters to friends.**

**See more of my  
incredible parents.**

**Spend more time  
with my family.**

**Try AND GET BACK to GYM or some form of regular exercise!**

**To tick off two more countries on my travel list, starting with Italy!**

**Give someone  
a compliment  
once a day.**

**Spend some time once a quarter to de-clutter my home and  
get rid of anything I don't use or haven't worn in a year.**

**To start a vegetable AND herb garden in my new home.**

**To pick up my  
pencils, charcoal and  
paintbrushes.**

**To be wiser with my money.** To finally buy a house AND be happy for the rest of my life.

Joining the F&HE team has been lovely and I hope to find  
more open doors and success in the professional arena.

**Growth in everything I do.**

**To start sleeping eight-hour nights again, now that my twin babies are getting big.**

**To go back to dancing and to  
teach tap to beginners.**

**Don't say it, do it.**

**Spend time in nature - usually the only time I feel  
like I am totally getting a break from everything.**

Finally admit to myself that I will never again  
fit into my size-32 clothes (last worn 15 years  
ago!) and give them away to charity.

**Not to be frustrated with what is out  
of my control AND learn to let it go.**

**To find that ever-elusive balance.**

**To not react to Joburg traffic like  
a screaming banshee on acid!**

**I'd like to get my driver's license.**

**I'd like to focus on my health by doing  
more activities like yoga and Pilates.**

**I want people to be more  
compassionate towards animals.**

**Sign up for a course  
in photography.**

**Relish the quiet moments with  
my family AND dogs.**

**I would like to do some more  
training AND culinary courses.**

**To master the art of regrowing moth  
orchids, so I don't have to keep buying  
them, only to toss them out  
after the flowers die!**

**To slow down AND appreciate the things around me,  
smell the roses AND not take life so seriously.**

**Health, peace  
AND joy.**





# As good as the best for less

Genuine guarantees are extremely rare, but most mothers are guaranteed to always remember their son's first goal. If you look around your local SPAR you are guaranteed to find over 1500 SPAR Products that are as good as the best for less.



**SPAR**   
PRODUCTS



# MASTERPIECES



LANCEWOOD Choosy about cheese™







---

# RECIPES

---



## STARTERS

- 1 - Salmon Fishcakes with Wasabi Sauce .....pg. 2
- 2 - Roasted Feta with Orange and Balsamic Glazed Beetroot ..... pg. 4
- 3 - Cream of Cauliflower Soup with Crispy Bacon and Sage ..... pg. 6
- 4 - Red Pepper and Mushroom Phyllo Pastry Cheesecakes ..... pg. 8
- 5 - Creamy Shrimp Phyllo Parcels ..... pg. 10

## MAINS

- 6 - Creamy Macaroni and Cheese ..... pg. 12
- 7 - Bacon Wrapped Chicken Breasts with Cheese ..... pg. 14
- 8 - Cottage Cheese and Oat Bran Breakfast Pancakes ..... pg. 16
- 9 - Rustic Broccoli and Ham Quiche ..... pg. 18
- 10 - Eggplant and Cream Cheese Lasagne ..... pg. 20
- 11 - Coconut Chicken Salad with Creamy Coriander Dressing ..... pg. 22
- 12 - Hamburgers with Mozzarella Stuffing ..... pg. 24

## DESSERTS

- 13 - Cheesecake with Caramel Topping and Chocolate Drizzle ..... pg. 26
- 14 - Tiramisu ..... pg. 28
- 15 - Carrot Cake with Chocolate Cream Cheese Icing..... pg. 30



---

# SALMON FISHCAKES WITH WASABI SAUCE

---



1

## Ingredients:

- 500 g potatoes, peeled and sliced
- 500 g salmon, steamed and flaked
- 2 - 3 spring onions, chopped
- a 3 cm piece of ginger, grated
- 30 ml soy sauce
- 30 ml sesame seeds
- 1 egg, beaten
- 15 ml flour
- Juice of half a lemon or to taste
- Salt to taste
- 250 ml dried breadcrumbs mixed with 15 ml flour and 15 ml sesame seeds
- Oil for frying

## Sauce:

- 1 x 250 g tub **Lancewood Cultured Cream**
- 30 - 45 ml wasabi

## Method:

Cook potatoes in salted water until soft. Drain very well and mash. Carefully mix in the salmon. Add the spring onions, ginger, soy sauce, sesame seeds, egg, flour, lemon juice and salt to taste. Shape into 8 fishcakes and coat with the breadcrumb mixture. Fry in hot oil until golden brown - about 3 minutes per side. Mix together cultured cream and wasabi. Serve with the fishcakes, sliced avocado and a sprinkling of spring onions, toasted or black sesame seeds, wedges of lemon or lime and green salad.

**Serves 4**







*Cook's Notes:*

*Tuna can be used instead of salmon.*



---

# ROASTED FETA WITH ORANGE AND BALSAMIC GLAZED BEETROOT

---

2

## Ingredients:

- 2 x 150 g packets **Lancewood Feta Cheese**, halved
- 30 ml olive oil
- black pepper
- 60 ml soft brown sugar
- 45 ml balsamic vinegar
- 125 ml orange juice
- Zest of 1 orange
- 30 ml butter
- 5 ml dried tarragon
- a pinch of salt
- 6 small beetroot - cooked and quartered
- 60 ml chopped walnuts

## Method:

Place the feta on a baking sheet lined with baking paper. Drizzle with olive oil and sprinkle with freshly ground black pepper. Bake in a preheated oven at 180° C for 20 - 25 minutes. In the meantime, heat the sugar, vinegar, orange juice and zest, butter, tarragon and salt over low heat until it becomes syrupy. Add the beetroot and simmer until coated in syrup. Remove the feta from the oven. Place on individual serving plates and spoon beetroot and syrup over. Sprinkle with walnuts and orange zest and serve with rocket.

**Serves 4**







### *Cook's Notes:*

*Arrange rocket leaves on a platter with the warm feta and beetroot on top and serve as a salad instead of a starter. This delicious feta recipe is perfect for anyone following a high-fat low-carb diet plan.*



---

# CREAM OF CAULIFLOWER SOUP WITH CRISPY BACON AND SAGE

---



## Ingredients:

- 45 ml butter
- 3 baby leeks, thinly sliced
- 1 clove garlic, crushed
- 1 large (approximately 700 g) head cauliflower, cut into smaller pieces
- 500 ml chicken stock
- 250 ml full cream milk
- 500 ml finely grated **Lancewood Cheddar Cheese**
- salt and freshly ground black pepper to taste
- 4 strips rindless streaky bacon, cut into pieces
- 12 - 16 sage leaves
- 1 leek, thinly sliced
- 60 ml butter

## Method:

Heat the butter in a saucepan and fry the leeks and garlic over low heat until soft and transparent. Add the cauliflower and chicken stock, cover and simmer over low heat until soft. Add the milk and puree until smooth. Stir in the cheese and continue stirring until melted into the soup. Season to taste. Fry the bacon, sage and leek in the butter until crispy. Serve the soup with a spoonful of Lancewood Cultured Cream with the crispy bacon, leek and sage sprinkled on top and drizzle some of the butter used for frying over.

**Serves 4-6**







### *Cook's Notes:*

*Should you find the soup too thick, add a bit more milk to thin it down. Use half cauliflower and half broccoli as a variation. This scrumptious soup is perfect for anyone following a high-fat low-carb diet plan.*



---

# RED PEPPER AND MUSHROOM PHYLLO PASTRY CHEESECAKES

---

4

## Ingredients:

- 4 sheets phyllo pastry, cut into 36 x 12 cm x 12 cm squares
- 80 ml melted butter
- 2 x 175 g tubs **Lancewood Dip & Top - Sweet Red Pepper**
- 3 extra-large eggs
- salt and freshly ground black pepper to taste
- 30 ml butter
- 1 small onion, halved and sliced
- 250 g button mushrooms, sliced
- 10 ml fresh thyme

## Method:

Use 3 phyllo squares at a time - brush each lightly with butter and place squarely on top of each other. Push into the cavities of a muffin pan, not overlapping the corners. Beat the Dip & Top and eggs together. Season to taste and set aside. Heat the butter and fry the onion and mushrooms until soft and golden and all the liquid has evaporated. Add the thyme. Divide the mushroom mixture between the prepared phyllo cases, then the egg mixture. Bake in a preheated oven at 180° C for 20 - 25 minutes or until golden and puffed. Garnish with fresh thyme sprigs and serve immediately.

*Makes 12*







### *Cook's Notes:*

*Try with any of the other Lancewood Dip & Top flavours - Sour Cream and Chives, Biltong or Balsamic and Onion. Also delicious as a light meal served with salad.*



---

# CREAMY SHRIMP PHYLLO PARCELS

---

5

## Ingredients:

- 3 spring onions, finely chopped
- 1 x 230 g tub **Lancewood Smoked Salmon Flavoured or Roasted Onion Flavoured Cream Cheese**
- 45 ml mayonnaise
- 30 ml chopped capers
- 10 ml soy sauce
- 10 ml lemon juice
- salt and freshly ground black pepper to taste
- 240 g frozen shrimps
- 6 sheets phyllo pastry, cut into 24 - 10 cm x 35 cm strips
- 125 ml melted butter

## Honey ginger dipping sauce:

- 45 ml honey
- 45 ml soy sauce
- 2 cm piece of ginger, grated
- 15 ml lime juice

Mix the above together and serve with the phyllo parcels.

## Method:

Mix together the spring onions, cream cheese, mayonnaise, capers, soy sauce, lemon juice and seasoning to taste. Cook the shrimps in boiling water for 2 minutes. Drain well. Pat dry with a paper towel and add to the cream cheese mixture. Use 2 phyllo pastry strips at a time. Brush each with butter and place on top of each other. Place a heaped tablespoon of the cream cheese mixture in the top corner. Fold pastry over to enclose, seal and continue folding, forming a triangle. Brush with butter and place on a baking sheet lined with baking paper. Bake in a preheated oven at 200° C for 20 - 25 minutes or until golden. Sprinkle with chopped spring onions and serve with the honey ginger dipping sauce.

*Makes 12*







*Cook's Notes:*

*Use drained flaked tuna instead of shrimps.*



---

# CREAMY MACARONI AND CHEESE

---



6

## Ingredients:

- 500 g macaroni, cooked according to the instructions on the packet

## Sauce:

- 30 ml butter
- 30 ml corn flour
- 350 ml milk
- 1 x 250 g tub **Lancewood Cultured Cream**
- 250 ml cream
- 375 ml grated **Lancewood Cheddar Cheese**

## Leeks and Tomatoes:

- 45 ml butter
- 3 young leeks, sliced
- 30 ml sugar
- 125 g cherry tomatoes
- 125 ml grated **Lancewood Cheddar Cheese**

## Method:

## Sauce:

Melt the butter in a saucepan and add the corn flour. Stir to mix. Add the milk little by little while stirring continuously until the mixture thickens. Add the cultured cream, cream and cheese. Stir until thick and creamy. Mix with the drained macaroni and spoon into a greased ovenproof dish.\*

## Leeks and Tomatoes:

Heat the butter and sauté the leeks until soft. Add the sugar and allow to caramelise. Add the tomatoes and sauté until they just start to soften. Spoon on top of the macaroni. Sprinkle with cheese and bake in a preheated oven at 180° C for 20 - 25 minutes or until golden and bubbling.

**Serves 4**







### *Cook's Notes:*

*\*Add a little milk if the mixture is too thick for your liking.*



---

# BACON WRAPPED CHICKEN BREASTS WITH CHEESE

---

7

## Ingredients:

- 4 chicken breasts
- 15 ml oil
- 1 onion, chopped
- 15 ml chopped sage
- 125 ml chopped prunes
- salt and freshly ground black pepper to taste
- 120 g **Lancewood Sweetmilk Cheese**, cut into 4 long strips
- 250 g rindless streaky bacon
- 60 ml butter

## Method:

Place each chicken breast between 2 sheets of cling film. Use a rolling pin and bash to flatten. Set aside. Heat the oil and fry the onion until soft. Add the sage and prunes and fry for 1 minute. Season to taste with salt and pepper. Remove the chicken from the cling film. Season to taste. Divide the prune mixture between the chicken breasts and spread out. Place a piece of cheese on the one side of each breast. Fold chicken meat over to enclose cheese. Fold sides in and then roll up chicken to enclose cheese. Place 3 strips of bacon on a board overlapping them slightly. Place chicken on the one side and roll up in bacon. Secure with toothpicks. Wrap tightly in cling film and refrigerate for 1 hour. Remove cling film. Heat the butter in a pan and fry the chicken breasts until golden and cooked. Remove toothpicks and cut into slices. Serve with vegetable couscous and salad.

**Serves 4**







### *Cook's Notes:*

*This easy chicken recipe is great for anyone on a low-carb high-protein diet plan.*



---

# COTTAGE CHEESE AND OAT BRAN BREAKFAST PANCAKES

---

8

## Ingredients:

- 4 extra-large eggs
- 1 x 250 g tub **Lancewood Plain Smooth Cottage Cheese**
- 125 ml cake flour
- 5 ml baking powder
- a pinch of salt
- 125 ml oat bran
- oil for frying
- 12 rashers rindless streaky bacon, fried until crispy
- **Lancewood Plain Chunky Cottage Cheese**
- honey
- nuts - pecans, pistachios or almonds

## Method:

Beat together the eggs and smooth cottage cheese until smooth. Sift the flour, baking powder and salt together and add to the egg mixture a little at a time, beating well after each addition. Add the oat bran and mix through. Heat a little oil in a pan and spoon heaped tablespoons of the mixture into the pan. Fry until golden, then flip and do the same on the other side. Stack 4 pancakes on top of each other with bacon and cottage cheese in between. Drizzle with honey and sprinkle with chopped nuts of your choice.



**Serves 4**







---

# RUSTIC BROCCOLI AND HAM QUICHE

---

9

## Ingredients:

### *Crust:*

- 250 g flour
- 5 ml salt
- 80 ml olive oil
- 100 ml water

### *Filling:*

- 30 ml oil
- 1 onion, halved and sliced
- 1/2 a red pepper, cut into thin strips
- 10 ml mild curry powder
- 125 g ham, chopped
- 150 g small broccoli florets, cooked until just soft
- 60 ml freshly chopped coriander
- salt and freshly ground black pepper to taste
- 150 g **Lancewood Mature Cheddar Cheese**, grated
- 1 x 250 g tub **Lancewood Sour Cream**
- 3 extra-large eggs
- 125 ml cream

**Serves** 6-8

## Method:

### *Crust:*

Mix the flour, salt, oil and water together. Shape into a ball. Cover with cling wrap and refrigerate for at least 30 minutes. Roll out thinly and line a 24 cm in diameter quiche tin with the pastry. Prick the base with a fork and bake in a preheated oven at 200° C for 10 - 15 minutes. Set aside.

### *Filling:*

Heat the oil and fry the onion and red pepper until soft. Add the curry powder and fry for 1 more minute. Add the ham, broccoli, coriander and seasoning to taste. Mix through. Sprinkle 1/3 of the cheese into the base of the prepared crust. Spoon the broccoli mixture over and spread out evenly. Sprinkle the remaining cheese over. Beat the sour cream, eggs and cream together. Pour over. Bake in a preheated oven at 180° C for 30 - 40 minutes or until golden and set. Serve with salad.







### *Cook's Notes:*

*Add 1/2 a cup of whole kernel corn to the mixture.*

*Use 125 g thinly sliced smoked chicken instead of ham.*



---

# EGGPLANT AND CREAM CHEESE LASAGNE

---

10

## Ingredients:

- 30 ml butter
- 30 ml olive oil
- 125 g rindless streaky bacon, chopped
- 2 onions, chopped
- 3 celery sticks, chopped
- 3 carrots, finely chopped
- 2 garlic cloves, crushed
- 700 g minced beef
- 1 x 400 g can chopped peeled tomatoes
- 1 x 115 g tub tomato paste
- 1 stick cinnamon
- 125 ml good quality red wine
- salt and freshly ground black pepper to taste
- 30 ml freshly chopped basil
- 30 ml freshly chopped origanum
- 2 - 3 eggplants, cut lengthways into thin slices
- olive oil for brushing
- 2 x 150 g packets **Lancewood Cream Cheese Slices with Chives**
- 80 ml parmesan cheese

## Method:

Heat the butter and olive oil and fry the bacon, onions, celery, carrots and garlic until golden and soft. Add the mince and break up while frying. Add the tomatoes, tomato paste, cinnamon, red wine, seasoning and herbs. Simmer over low heat for about 20 - 30 minutes or until soft and most of the liquid has evaporated. Remove the cinnamon stick. Brush the eggplants with olive oil and fry in a hot pan on both sides until golden and just soft. Use a 25 cm x 20 cm x 6 - 7 cm deep ovenproof dish. Start with a layer of eggplants, overlapping them slightly and then add a layer of the cream cheese slices. Follow with another layer of eggplants, then meat sauce. Repeat the layers ending with cream cheese slices. Sprinkle with parmesan cheese and bake in a preheated oven at 180° C for 30 - 35 minutes. Serve with salad.

**Serves 4-6**







### *Cook's Notes:*

*Eggplants may be replaced by 250 g softened lasagne sheets or with strips of baby marrow.*



---

# COCONUT CRUSTED CHICKEN SALAD WITH CREAMY CORIANDER DRESSING

---

11

## Ingredients:

- 4 chicken breasts, cut into strips
- salt to taste
- 60 ml melted butter
- 30 ml olive oil
- 250 ml desiccated coconut
- 1 pillow pack Asian greens
- 80 g sugar snap peas, sliced at an angle
- 150 g bean sprouts
- 1 avocado, sliced
- 4 oranges, segmented
- 60 ml toasted coconut

## Dressing:

- a handful of coriander
- 2 spring onions, roughly chopped
- 250 ml **Lancewood Double Cream Yoghurt**
- 1 clove garlic, crushed
- 1 small mild chilli, chopped (optional)
- zest of 1/2 an orange
- 10 ml lime juice
- 15 ml soy sauce

## Method:

Season chicken with salt to taste. Mix melted butter and oil together and pour over chicken and toss to coat. Place the coconut in a plastic bag and add the chicken. Toss to coat. Heat a pan and fry the chicken until golden - turning frequently. Leave to cool. Arrange on top of Asian greens on a serving plate together with peas, sprouts, avocado and orange segments. Place all the ingredients for the dressing in a blender and blitz until smooth and creamy. Serve over the salad and top with toasted coconut and a few sprigs of coriander.

**Serves 4**







### *Cook's Notes:*

*Also delicious with mango or papino instead of orange.  
Use the dressing over your favourite Greek or green salad.*



---

# HAMBURGERS WITH MOZZARELLA STUFFING

---

12

## Ingredients:

- 500 g minced beef
- 1 small onion, grated
- 1 clove garlic, crushed
- 20 ml braai salt
- 45 ml finely chopped parsley
- 5 ml dried mixed herbs
- 15 ml balsamic vinegar
- 4 thick slices **Lancewood Mozzarella Cheese**

## Method:

Mix together the mince, onion, garlic, braai salt, parsley, mixed herbs and balsamic vinegar. Shape into 8 balls. Flatten each ball and place a slice of cheese on top of 4 of the flattened balls (the cheese slice should be a little smaller than the meat pattie - trim cheese slice accordingly if necessary.) Place the other 4 flattened balls on top and press the edges closed to join. This will flatten it - reshape into a thicker hamburger pattie once the edges are sealed. Brush with olive oil on both sides and fry in a heated griddle pan until done to your liking. Serve with lettuce, tomato, avocado and bacon on a hamburger roll or for a low carb version, replace the hamburger roll with a fried brown mushroom. Serve with sauce of your choice.

**Serves 4**







### *Cook's Notes:*

*Add a pinch of chilli flakes for a hotter version.*

*Use lamb mince instead of beef and serve with tzatziki.*



# CHEESECAKE WITH CARAMEL TOPPING AND CHOCOLATE DRIZZLE

13

## Ingredients:

### *Crust:*

- 150 g plain or chocolate coconut biscuits, finely crushed
- 75 g butter, melted

### *Filling:*

- 2 x 250 g packs **Lancewood Medium Fat Plain Cream Cheese**, at room temperature
- 1 x 250 g tub **Lancewood Cultured Cream**
- 3 extra-large eggs
- 125 ml castor sugar
- 5 ml vanilla essence
- grated zest of 1 small lemon
- 20 ml cornflour

### *Topping:*

- 1/2 a 360 g can caramel
- 90 g dark chocolate, melted
- fresh figs or pears, sliced. \*

\*If using pears, drizzle with a little lemon juice to prevent them from turning brown.



## Method:

### *Crust:*

Line a 20 cm loose-bottomed or spring form pan with baking paper, leaving 3 cm sticking out the top. Mix the biscuit crumbs and butter together and press lightly into the pan.

### *Filling:*

Break the cream cheese up into smaller pieces using a fork. Add the cultured cream and the eggs and beat well until smooth. Add the sugar a little at a time and beat well after each addition. Add the vanilla and the lemon zest and mix through. Sift in the cornflour while beating. Spoon the mixture on top of the biscuit crust and lightly tap the pan to even out. Bake in a preheated oven at 240° C for 10 minutes. Lower the heat to 100° C and bake for a further 30 minutes. Switch off the oven and leave to cool in the oven.

### *Topping:*

Warm the caramel slightly and mix with an electric beater until smooth. Spread onto the cheesecake. Drizzle with melted chocolate and top with fresh sliced figs.





### *Cook's Notes:*

*Instead of using pears or figs, top with summer berries of your choice.  
This easy cheesecake recipe will be the ultimate ending to any dinner party.*



---

# TIRAMISU

---

14

## Ingredients:

- 6 extra-large egg yolks
- 60 ml castor sugar
- 5 ml vanilla essence
- 2 x 250 g **Lancewood Mascarpone Cheese**
- 150 ml strong black coffee
- 125 ml coffee liqueur
- 60 ml brandy
- 24 sponge fingers
- 15 ml cocoa powder

## Method:

Use an electric beater and mix the egg yolks, castor sugar and vanilla for about 5 - 7 minutes in a heatproof bowl until pale, thick and creamy. Place the mixture over a pot of simmering water. The water shouldn't touch the bowl or boil vigorously or the eggs will curdle. Beat again for 5 - 7 minutes over simmering water until the mixture thickens. Remove from the heat and continue beating for about 2 minutes or until the mixture has cooled slightly. Spoon into another bowl and allow to cool completely. Add the Mascarpone and mix until well blended. In a separate bowl, mix the coffee, liqueur and brandy. Dip the sponge fingers in the mixture and arrange half of them in a serving dish (sprinkle with a little bit more of the coffee mixture). Follow with half of the Mascarpone mixture, then another layer of biscuits and then the remaining Mascarpone mixture. Cover with cling film and chill for 4 - 6 hours. Sift the cocoa powder over just before serving.

**Serves 4 - 6**







### *Cook's Notes:*

*To achieve the best results, follow the recipe meticulously.*



---

# CARROT CAKE WITH CHOCOLATE CREAM CHEESE ICING

---

15

## Ingredients:

### Cake:

- 500 ml cake flour
- 500 ml light brown sugar
- 10 ml bicarbonate of soda
- 5 ml cinnamon
- 5 ml mixed spice
- 2.5 ml salt
- 500 ml finely grated carrots
- 100 g pecan or walnuts, chopped
- 250 ml coconut
- grated zest of 1 orange
- 250 ml canola oil
- 2 extra-large eggs
- 80 ml freshly squeezed orange juice
- 5 ml vanilla essence

### Icing:

- 1 x 230 g tub **Lancewood Plain Cream Cheese**
- 250 ml icing sugar
- 80 g white chocolate, melted
- extra chocolate and nuts for decorating

## Method:

### Cake:

Sift together the flour, sugar, bicarbonate of soda, cinnamon, mixed spice and salt. Add the carrots, nuts, coconut and orange zest and toss the mixture to coat with flour. Beat together the oil, eggs, orange juice and vanilla essence. Add this to the dry ingredients and mix well (the mixture will be firm). Spoon into 2 greased and lined 20 cm cake pans and spread out evenly with the back of a spoon. Bake in a preheated oven at 180° C for 20 minutes then lower heat to 170° C and bake for a further 20 minutes. Leave to cool in the pans before turning out.

### Icing:

Beat the cream cheese and icing sugar together until creamy. Add the melted chocolate while beating continuously. Use half the icing and spread onto one cake. Place the second cake on top and spread with the remaining icing. Garnish with chocolate shavings and chopped pecan nuts.









# NUTRITIONAL INFORMATION



## 1. Cheddar Cheese

Nutritional per 100g			
Fat	Protein	Carbohydrates	Energy
31.4g	24.7g	0.2g	1583kJ



## 2. Mozzarella Cheese

Nutritional per 100g			
Fat	Protein	Carbohydrates	Energy
20.6g	24.4g	1g	1207kJ



## 3. Plain Feta Cheese

Nutritional per 100g			
Fat	Protein	Carbohydrates	Energy
20g	17g	0.7g	1041kJ



## 4. Low Fat Smooth Cottage Cheese

Nutritional per 100g			
Fat	Protein	Carbohydrates	Energy
4.9g	11.1g	3g	420kJ



## 5. Medium Fat Cream Cheese

Nutritional per 100g			
Fat	Protein	Carbohydrates	Energy
28.4g	10.7g	2g	1290kJ





## 6. Smoked Salmon Cream Cheese

Nutritional per 100g

Fat	Protein	Carbohydrates	Energy
19.8g	9.3g	3g	968kJ



## 7. Cultured Cream

Nutritional per 100g

Fat	Protein	Carbohydrates	Energy
25.3g	3.7g	4g	1072kJ



## 8. Mascarpone Cream Cheese

Nutritional per 100g

Fat	Protein	Carbohydrates	Energy
44.4g	2.8g	5g	1726kJ



## 9. Dip & Top

Nutritional per 100g

Fat	Protein	Carbohydrates	Energy
26.4g	2.3g	5g	1134kJ



## 10. Sweetmilk Processed Cheese

Nutritional per 100g

Fat	Protein	Carbohydrates	Energy
23g	14g	5g	1174kJ



## 11. High Fat Double Cream Yoghurt

Nutritional per 100g

Fat	Protein	Carbohydrates	Energy
6.5g	4.1g	6g	418kJ





[www.lancewood.co.za](http://www.lancewood.co.za)



[lancewood cheese](https://www.facebook.com/lancewoodcheese)



[www.pinterest.com/lancewoodcheese](http://www.pinterest.com/lancewoodcheese)



[www.google.com/+LancewoodCheese](http://www.google.com/+LancewoodCheese)